

ELDER NEWS

NOVEMBER/DECEMBER 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

8807 Kingston Pike, Knoxville, TN 37923

The Office on Aging's 34th annual fall workshop, Aging: A Family Affair, will cover a wide variety of topics of interest to seniors, professionals, senior advocates, and caregivers. More than 60 exhibitors will be on hand to discuss their products and services. A continental breakfast and lunch is provided.



Photo by Douglas Hubbard

This year, we are offering free legal consultations with lawyers provided by the Lawyer Referral and Information Service (LRIS) of the Knoxville Bar Association. To schedule your consultation, call Senior Information & Referral at 546-6262.

Thanks to UT Medical Center, the Lawyer Referral and Information Service of the Knoxville Bar Association, the Pat Summitt Foundation, and the Knoxville News Sentinel, whose sponsorship keeps the cost of Aging: A Family Affair low. ■

Tickets are \$30. Register online at knoxseniors.org or call the Office on Aging at (865) 524-2786.

MEDICARE OPEN ENROLLMENT

October 15 - December 7

It's that time of year again! To maintain your best coverage and prices, it is necessary to review your Medicare Advantage or Medicare Prescription Plan each year. Even if your needs are the same, the plan may change and your costs may increase in January. Choose your plan each year during Open Enrollment. Office on Aging offers a free service to people who would like help to understand their coverage and choose a plan. Assistance is available through Affordable Medicine Options for Seniors (AMOS). Call the Office on Aging at 524-2786. To help beneficiaries understand their options and make important coverage decisions, complete and reliable information about Medicare is available online at www.medicare.gov and at 1-800-633-4227. ■

ENROLLMENT ASSISTANCE EVENTS AT O'CONNOR CENTER

The Affordable Medicine Options for Seniors team will be at O'Connor Senior Center assisting with Annual Enrollment for Medicare Advantage and Prescription plans.

Thursdays, 8:30 am - Noon

October 18	November 1	November 29
October 25	November 15	December 6

No appointments needed! Please bring your current insurance cards including your Medicare Card and a complete list of your medications. For more information, contact the O'Connor Center at 865-523-1135.

BARBARA H. MONTY MOBILE MEALS COMMUNITY KITCHEN

On August 22, friends and family of Barbara H. Monty gathered at the Mobile Meals Kitchen to honor the life of the late Office on Aging director by re-naming the facility. The Barbara H. Monty Mobile Meals Community Kitchen stands as a legacy to a long-time leader who had a vision for a dedicated kitchen to provide healthy meals for homebound seniors in Knox County.

BARBARA H. MONTY: A HISTORY OF SERVICE

It will surprise no one that Barbara Monty's service to CAC began as a volunteer. A graduate of Cornell University and a Registered Dietician, she answered a call in 1968 to help out a CAC program that was struggling with a very limited budget to serve lunch and snacks to poor children in the summer recreation program. After 3 years as a volunteer, Barbara joined the CAC staff on April 16, 1971. CAC had won a national competition through the Office on Economic Opportunity (OEO) to establish a locally developed home delivered meals program which ultimately became Mobile Meals, a group dining program, a home garden program that became Green Thumb Community Garden Program and later Beardsley Farm, and a dental services program for seniors.

It didn't take Barbara long to get things going and the first 20 Mobile Meals were delivered on November 1, 1971. It was clear from the beginning that volunteers would be the life blood of this program. When Barbara retired from CAC on April 13, 2013, 41 years to the day she started, more than 7,300,000 meals had been delivered by a corps of dedicated volunteers.

Barbara became director of the CAC Office on Aging in 1977. CAC executive director, Barbara Kelly, likes to say, "Barbara's mantra might well be: See a need, meet it; see a problem, fix it." When Barbara retired,



Left to right: Susan Long, Lee Ann Monty, Melissa Monty, Barbara Kelly, Senator Becky Massey, Stuart Monty, Tim Burchett.

the Office on Aging had become a focal point for comprehensive services for seniors, providing more than 20 programs to meet a complex range of human need. The programs continue today as a lasting legacy to her tenacity, energy, and compassion.

The Knoxville—Knox County Community Action Committee acknowledges with deep appreciation the generosity and devotion of Barbara H. Monty and Dr. Kenneth Monty in establishing an endowment fund to help support the essential work of the CAC Office on Aging and CAC Knox County Transit in the years to come. ■

ONE CALL CLUB MAKES A GREAT GIFT

This holiday season, consider giving a gift that keeps giving year round - a membership to the Office on Aging's One Call Club. It can bring not only peace of mind to seniors and their loved ones but also can save them money over the course of the year. This membership program costs only \$50 annually to join and connects members to an ever-growing list of vendors who provide all kinds of home services. To

become a One Call Club vendor, businesses have to go through a background check, provide references, and have proof of insurance and licensing. Vendors usually offer a discount on services to One Call Club members, and most members report that



the money they saved from the first service call more than made up for their membership fee. One of the best things about the One Call Club is not having to worry about being scammed. Because there is no age minimum for membership in the club, busy professionals and families find it just as valuable as do seniors. You might want to pick up a membership for yourself while you're at it! Call (865) 595-3006 or go to www.knoxseniors.org/onecall.html to learn more or to join. ■

HELP SENIORS IN NEED THIS HOLIDAY SEASON

Each year, the local community provides gifts and serves hot meals during the holidays for seniors served by Mobile Meals. Often, these gifts are the only ones these seniors will get, and though the items themselves are not of great value, they are priceless to those who receive them. Mobile Meals is again partnering with Grayson Subaru to fight senior isolation and hunger. This local effort is part of the national Share the Love event, with funds designated for Meals On Wheels Association members.



You can also click on the Mobile Meals gift icon at www.knoxseniors.org for details or visit our Facebook page at facebook.com/mobile.



Considering buying a Subaru? While you are dropping off your holiday gifts at Grayson Subaru you can also help provide meals to homebound seniors in Knox County during the Share the Love event, November 15-January 2. For every new car sold or leased during the event, you can choose Meals on Wheels of America to receive a \$250 donation from Subaru on your behalf. Those funds in turn will be

distributed to Mobile Meals (the Meals on Wheels Association member for Knox County). Nationally, to date Subaru has raised over \$10 million for the Meals on Wheels Network, providing 1.7 million delivered meals to seniors in need. ■

HOW CAN YOU HELP?

GIFTS: Fill a medium size gift bag(s) (about 13" x 11") with daily-use items and "special touches." Gift ideas and details available at www.knoxseniors.org. Collections will be accepted from Wednesday, November 28, to Wednesday, December 12, at the following locations: - CAC Office on Aging, M-F, 9 a.m.- 4 p.m. - Grayson Subaru 8729 Kingston Pike, M-F, 9 a.m.-7 p.m.; Sat., 9 a.m.-5 p.m.

VOLUNTEERS: Help is also needed to sort and organize the gifts for delivery from Monday, December 17 through Friday, December 21.

DELIVER MEALS: Mobile Meals will deliver on Thanksgiving Day and Christmas Day and schedules fill up quickly. However, volunteers are needed throughout the busy holiday season, November 19-21, November 26, December 17, and January 4.

For information about gift-giving or volunteering, contact Mobile Meals volunteer coordinator Shelly Woodrick at (865) 524-2786 or shelly.woodrick@knoxseniors.org.

THE JOHN T. O'CONNOR SENIOR CENTER SALUTES THE 2018 O'CONNOR CENTER OPEN SPONSORS

On behalf of the O'Connor Center Participants, the Advisory Board, and Staff, sincere appreciation is expressed to the sponsors and participants of the 14th Annual 2018 O'Connor Center Open.

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of Charlie Stevens
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Elkmont Exchange
Penny & Mike Bandy
Renee O'Connor
The Keller Group
Three Ridges Golf Course
Toddy's Liquor & Wine
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*Entertainment provided
by the O'Connor Geezer
Dixieland Jazz Band*

THANK YOU

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 Senator Becky Duncan Massey
 Trinity Hills Senior Living

JOHN J. DUNCAN, SR., SENIOR ADVOCACY AWARD NOW ACCEPTING NOMINATIONS FOR 2019

The annual Senior Information & Referral (SIR) fundraiser, the "Duncan Awards" is an event held each spring to honor individuals who embody the legacy of the late U. S. Representative John J. Duncan, Sr., who was an advocate for seniors of the Second District. SIR is seeking two nominees who exhibit outstanding advocacy for seniors and senior issues in Knox County. The two categories for nominations are as follows:

Professional: Eligible individuals are those who work with seniors in Knox County, and demonstrate a strong commitment for addressing the needs of this population. Individuals who go above and beyond the duties of their positions to advocate for the seniors they serve.

Volunteer: Eligible individuals are those who serve in Knox County and display a passion for serving the needs of the seniors in this community. Individuals who give

of their time and talents to assist, advocate for seniors and address senior issues.

Nominations for the "Duncan Award," will be accepted through Friday, January 11, 2019. If you would like to nominate a person you feel embodies the spirit of this award please send their name, their contact information, a brief biography and explanation of why you feel they should receive the award to:

Duncan Award Nominee: SIR
 PO Box 51651
 Knoxville TN 37950-1650
 or email scirs@oconnorcenter.org

The 18th Annual John J. Duncan, Sr., Senior Advocacy Award Reception will be held on May 2, 2019, at Hunter Valley Farms. ■



ENROLLMENT CONTINUES FOR PROPERTY TAX RELIEF AND TAX FREEZE PROGRAMS

Ed Shouse, Knox County Trustee, is encouraging eligible property owners to apply for the Tax Relief and Tax Freeze Programs. "The 2018 property tax statements were mailed in October. Even if you've paid your property taxes, you can still apply. The state of Tennessee offers these two, money-saving programs for homeowners," stated Knox County Trustee, Ed Shouse. "The income limits were increased from last year so that we may include more homeowners. My office is here to assist with the application process."

The Knox County Trustee's office administers the two programs benefiting low-income seniors (65 and up), low-income disabled homeowners and disabled veterans (total and permanent) and their widows(ers). "Our greatest challenge is communicating the details of the programs and

the requirement to renew annually. One of my goals as Trustee is to get the word out," stated Mr. Shouse. Programs apply to homeowner's primary residence, and applications must be completed between October 1, 2018 and April 5, 2019. Applicants are encouraged to apply well before the deadline to allow for review and completion. Having a mortgage is not a factor with either program.

Tax Freeze is open to homeowners age 65 and up, with a 2017 household income limit of \$39,330. Proof of 2017 income required. If eligible, the property tax amount will be frozen for the homeowner. Participants must re-qualify each year.

Tax Relief is open to homeowners age 65+, or total and permanent disabled, or total

and permanent disabled veterans and their widows(ers). Household income limit is \$29,270 (and does not apply to veterans and their widows). Proof of 2017 income required. Property taxes must be paid in full prior to application. Knox County tax relief amount is \$146 for elderly and disabled, and up to \$928 for disabled veterans. Additional Tax relief is available to homeowners that live in the city. You may also visit the Knox County website at <http://www.knoxcounty.org/trustee/taxrelief.php> or the State website at www.comptroller.tn.gov/pa/patxr.asp.

Applications available on line and at any Knox County Trustee location (downtown, East at Isaiah's Landing, North at Cross Roads Center (Halls), South at Chapman Plaza, West at Cedar Bluff and at Farragut Towne Hall). Documentation (including proof of age and income of all owners) is required.

Call the Trustee's information line to see if you qualify 215-8554. ■

O'CONNOR CENTER SCHEDULE - NOVEMBER/DECEMBER

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
Monday, November 12, for Veterans Day
Thursday and Friday, November 22 & 23,
for the Thanksgiving Holiday
Monday and Tuesday, December 24 & 25,
for the Winter Holiday

MOST REGULARLY SCHEDULED ACTIVITIES WILL NOT MEET DECEMBER 26, 27, 28, AND 29.

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

NOVEMBER/DECEMBER PROGRAMS

AARP Driver Safety Program: The Smart Driver Course will be offered Monday & Tuesday, December 10 & 11. 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.

Bake Sale: Come join the Creative Endeavors and don't miss out on purchasing all your holiday goodies.

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

Bingo: Wednesdays. Bring a new \$1-\$2 gift to be shared as a prize. A \$1 donation to help with program cost is greatly appreciated. Bingo will not meet Wednesday, December 26 but will resume Wednesday, January 2.

Brain Games: Enjoy this mental exercise that helps to keep the mind sharp while enhancing cognitive function. Group meets regularly on Tuesdays at 11 am to review fun trivia and have a great time. Newcomers are always welcome.

Camera Club: Whether you are an aspiring photographer, a professional, hobbyist, or just someone who likes to take pictures of special moments, this club is for you.

November 14: "Manual Controls and Exposure"
December 12: "Composition & Technique"

Creative Writers Workshop: Classes for aspiring and experienced writers. Classes take place on Mondays, November 26 and December 10.

Table Games: What's your favorite game? Come join the fun on Tuesdays. 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. Call for class schedule.

Intermediate Line Dance: Mondays. For those with moderate experience.

Dances - Cost varies per dance.

Tea Dance: First Tuesdays, November 6 and December 4--great fellowship! Cost is \$2; light refreshments.

3rd Friday Night Dances: November 16 and December 21. "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.

November 10, Veteran's Dance with the Russell Ramsay Band; December 8, Christmas Dance with the David Correll Band

Deck the Halls & Walls and Gift Shop Open

House: Lots of volunteers are needed to help decorate the trees, hang wreaths, and supervise. It's a fun way to get into the spirit with friends, holiday music, and snacks. The Exceptional Gifts shop will have an open house with lots of goodies and will be showcasing all of their holiday merchandise.

Flower Lovers Garden Club: Meets Thursdays, November 8 and December 13. For individuals who love horticulture and are interested in learning more. You don't have to have a "green thumb" to attend!

French: Tuesdays. Enjoy expanding your French vocabulary! Oui? Peut-être? Class will not meet December 18 and will resume January 8.

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

Genealogy: Join us Wednesdays, November 14 & 28 and December 5 & 19 to find your roots. Register today for our new genealogy series, Family History I, beginning Thursday, January 10 at 1:30 pm. Cost for this 4-week series is \$25. Seating is limited. Call the Center for details.

Gift Shop: Wonderful and unique Holiday Gifts are available Monday-Friday from 10 am-2 pm until

December 22. Gift Shop will be closed the last week of December and will re-open Tuesday, January 2. Call for membership info.

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

Happy Hikers: Thursdays. Newcomers are always welcome; please call Carrie Roller at 719-1604 if you are interested in participating in a hike or for additional information. Please meet at the trailhead at 10 am, unless otherwise stated.

Nov. 1	Twenty Mile Creek Loop 7.6 mile moderate to strenuous
Nov. 8	Devil's Racetrack 6.5 mile moderate to strenuous
Nov. 15	Brady Mountain 5 mile moderate
Nov. 29	Upper Canyon Trail/Pogue Creek Shuttle; 6-mile moderate to strenuous
Dec. 6	Urban Wilderness/South Loop 5-6 mile easy to moderate
Dec. 13	Christmas Party at O'Connor
Dec. 20	Big Creek 5-10 mile moderate
Dec. 27	Concord Park-Lunch at Lakeside Tavern 5 mile moderate

Harrah's Trip Tuesday, November 13. 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. Call for December date.

Holiday Lunch, 5:00 pm, Wednesday, December 12—Reservations and \$5 pre-payment by December 5. Enjoy Famous Dave's special Christmas meal with all the trimmings with holiday music provided by the O'Connor Band directed by Linda Edwards. Seating is limited.

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. Class will not meet December 18 and will resume January 8.

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. Pat Green, Group Leader/Social Worker and Bereavement Coordinator, listens to concerns and offers encouragement. Newcomers are welcome.

NOVEMBER 2018 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
			8:30 Open Enrollment 10:00 Happy Hikers & Thursday Walkers	9:30 SAIL Exercise Class 1:30 Old Time String Band
9:00 Legal Assistance 9:00 Creative Endeavors Bake Sale 9:30 Ask-A-Pharmacist 10:00 SAIL Exercise Class 10:00 Veterans Q & A 11:30 Creative Endeavors 12:00 Lunch & Learn	ELECTION DAY 9:45 Singing Seniors 11:00 Brain Games 11:30 NEW Washable Oils Class 12:00 Hearing Screening and Aid Check & Cleaning 1:30 Tea Dance	9:00 Market Group Holiday Sale 9:00 Toenail Clipping 10:00 Awesome Apps 10:00 SAIL Exercise Class 12:30 Smartphone/Tablet Camera Class	10:00 Happy Hikers & Thursday Walkers 10:00 Intro to Windows 10 12:00 Sweet Spot 12:30 Intro to Microsoft Word 1:00 Flower Lovers	9:30 SAIL Exercise Class 11:00 Silver Stage Players 1:30 Old Time String Band 7:00 Saturday Night Veteran's Day Dance Russell Ramsay Band
CENTER CLOSED 	8:00 Harrah's Casino Trip 9:45 Singing Seniors 11:00 Brain Games 1:30 Afternoon Dancing	9:00 Toenail Clipping 10:00 SAIL Exercise Class 10:00 Camera Cub 1:00 Genealogy	8:30 Open Enrollment 10:00 Happy Hikers & Thursday Walkers 12:00 Thanksgiving Luncheon 2:00 With Hope in Mind	9:00 Tooth Wisdom Workshop 9:00 UT Mammography Van 9:30 SAIL Exercise Class 11:00 Silver Stage Players 1:30 Old Time String Band 7:00 DJ Variety Dance
9:00 Legal Assistance 10:00 SAIL Exercise Class	9:45 Singing Seniors 11:00 Brain Games 1:30 Afternoon Dancing	10:00 SAIL Exercise Class	CENTER CLOSED <i>Happy Thanksgiving</i>	CENTER CLOSED 
9:30 Creative Writers 1:00 Market Group	11:00 Brain Games 1:30 Afternoon Dancing	10:00 SAIL Exercise Class 1:00 Genealogy	8:30 Open Enrollment 10:00 Happy Hikers	9:00 am Deck the Halls & Walls and Gift Shop Open House

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 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	8:45 Advanced Senior Cardio 9:00 Cadet Band Practice 10:00 Advanced Painting, Concert Band Practice, Party Bridge, SAIL Exercise, Water Aerobics 11:00 Dixie Land Band Practice 12:15 Health & Humor 12:30 Beginner Painting, 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

DECEMBER 2018 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
<p>9:00 Legal Assistance 3 <i>by appointment only</i></p> <p>10:00 SAIL Exercise Class</p> <p>11:30 Creative Endeavors</p> <p>3:00 Investment News</p>	<p>11:00 Brain Games 4</p> <p>12:00 Hearing Screening & Hearing Aids Checked</p> <p>1:30 Tea Dance</p>	<p>9:00 Toenail Clipping 5</p> <p>10:00 Apple Basics pt. 2</p> <p>10:00 SAIL Exercise Class</p> <p>12:30 Android Basics pt. 2</p> <p>1:00 Genealogy</p>	<p>10:00 Apple Basics pt. 2 6</p> <p>10:00 Happy Hikers & Thursday Walkers</p> <p>12:30 Android Basics pt. 2</p>	<p>9:30 SAIL Exercise Class 7</p> <p>11:00 Silver Stage Players</p> <p>1:30 Old Time String Band</p> <hr/> <p>8</p> <p>7:00 PM</p> <p>Holiday Dance</p> <p>David Correll Band</p>
<p>9:30 Creative Writers 10</p> <p>10:00 SAIL Exercise Class</p> <p>10:00 Veterans Q & A</p> <p>12:00 AARP Driver Safety Training</p> <p>12:00 Lunch & Learn</p>	<p>9:00 Toenail Clipping 11</p> <p>11:00 Brain Games</p> <p>12:00 AARP Driver Safety Training</p> <p>1:00 Silver Stage Players Performance</p> <p>1:30 Afternoon Dancing</p>	<p>10:00 Camera Club 12</p> <p>10:00 SAIL Exercise Class</p> <p>12:00 Holiday Luncheon</p>	<p>9:00 Toenail Clipping 13</p> <p>12:00 Sweet Spot</p> <p>1:00 Flower Lovers</p> <p>2:30 COA Meeting</p>	<p>9:30 SAIL Exercise Class 14</p> <p>11:00 Silver Stage Players</p> <p>1:30 Old Time String Band</p>
<p>9:00 Legal Assistance 17 <i>by appointment only</i></p> <p>10:00 SAIL Exercise Class</p>	<p>10:00 Singing Seniors Holiday Concert 18</p> <p>11:00 Brain Games</p> <p>1:30 Afternoon Dancing</p>	<p>10:00 SAIL Exercise Class 19</p> <p>1:00 Genealogy</p>	<p>10:00 Happy Hikers & Thursday Walkers 20</p> <p>2:00 With Hope in Mind</p>	<p>9:30 SAIL Exercise Class 21</p> <p>1:30 Old Time String Band</p> <p>7:00 PM THIRD FRIDAY DJ VARIETY DANCE</p>
<p>CENTER CLOSED 24</p> <p><i>Happy Holidays</i></p>	<p>CENTER CLOSED 25</p> <p><i>Happy Holidays</i></p>	<p>10:00 SAIL Exercise Class 26</p>	<p>10:00 Happy Hikers & Thursday Walkers 27</p>	<p>9:30 SAIL Exercise Class 28</p> <p>1:30 Old Time String Band</p>
<p>9:00 Legal Assistance 31 <i>by appointment only</i></p> <p>10:00 SAIL Exercise Class</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>8:45 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>11:00 Dixie Land Band Practice</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>9:30 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>

O'CONNOR, CONTINUED FROM P. 5

Market Group Holiday Sale: Shop for unique gifts for the holidays, home baked goods, and jams & jellies. This event is open to the public.

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. Gently used instruments are needed as well as participants to play the gently used instruments. Newcomers, please call 523-1135 to set a time to meet prior to class time.

Old Time String Band: Anyone who plays an acoustic string instrument, sings, or just likes to listen and dance will enjoy this Friday afternoon fellowship. Everyone welcome, regardless of skill level.

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.

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.

Silver Stage Players Performance: Entitled "Christmas by Committee," it tells of the fundraising efforts of a committee, organized to purchase gifts for the children in the local community center. As with many committees, unpredictable and hilarious situations ensue. We are always open to new members - no experience necessary. Come join us!

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

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.

Thanksgiving Luncheon: Thursday, November 15, \$5/person. Join us at 12 noon to give thanks and enjoy a great time of fellowship and a delicious meal with Texas Road House rolls and Turkey/Dressing/Gravy provided by Parkwest Hospital. Please sign up and pay \$5 at the front desk by Thursday, November 9.

Thursday Walkers: Call Joyce Dukes at 525-2540 with questions regarding walks and see Sunday's Weekly Update 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.

AUGUST & SEPTEMBER 2018 DONATIONS

Anonymous (7)
Glen Anderson
Bob Andres
John & Dana Barnes
Ken and Kaye Brock
Calvary Baptist Church,
Steadfast Sunday School
Class
Colonial Heights United
Methodist Church, J. Ray
Stuart Sunday School Class
Maxine Cook
James & Brooksie Cox
Jerry & Cindy Eisele
Vi Hayes
Stan & Mary Ingram
Margaret Kidwell
Joe Kinnane
Pam Lovell
Debbie Lowe
David McCormick
Caroline McRae
Oakwood Baptist Church,
Homemaker's Sunday
School Class
Norman Queener
Ronald & Virginia Shrieves
John & Beth Smith

ChrisTavino
Linda Townsend
Hanno & Carol Weitering
David & Carolyn Wells
Elizabeth Wieselquist
IN MEMORY OR HONOR
*In Honor of Elmer & Charlene
Ashburn*
Anonymous
*In Memory of Clarence Ed
& Juanita Knight*
Anonymous
In Memory of Leila Brown
Norma Velasco
*In Memory of Geraldine
(Gerry) C. Davis*
George Davis
In Memory of Susan Doane
George & Darnell Bean
In Memory of Susan Doane
Lynne Moore
In Memory of Susan Doane
Elizabeth Rochelle
In Memory of Susan Doane
Marlys Staudt
In Memory of Willie Gardner
Joseph Gardner

*In Memory of Ronald David
Garland*
James Garland
In Honor of Kenneth Roberts
Laurie Gibson
*In Memory of Virginia C.
Wilson*
Joe & Julie Bailey
In Memory of Virginia Wilson
Nancy Bosson
*In Memory of Virginia c.
Wilson*
Tom & Nancy Schilreff

AAS DONATIONS
Anonymous (11)
Barbara Abner
Beaver Creek Cumberland
Presbyterian Church,
Searchers Sunday
School Class
Mikeal Berry
Alan & Dianna Brizzolara
Joyce Brown
Mikhail & Fibbi De Long
Stephen Delozier
Jim & Judy Derrick
Thomas P. Evans

First Baptist Church,
Concord, Agape Sunday
School Class
Ann Gehin
David & Janice Ishee
The David Talley Team
at Leconte Realty
Mount Olive Baptist Church,
Faith Sunday School Class
John & Janet Mullins
Ken Nolen
Marie Norman
Helen Roehl O'Connor
Carl & Mary Porter
Stephen & Helen Prinz
Lavon & Darlene Rickard
Technology for Energy
Corporation Employees
Bob Thomas
Ricky Weaver

AAS IN MEMORY OR HONOR
In Honor of Dorothy Frost
Catherine Cooper
In Memory of C.J. Hulén
Jan & Carolyn Fay
*In Memory of Bernadette
McMillian*

Louis Rankin
In Memory of Louise Milner
Jim & Teresa Lawson
In Memory of Barbara Monty
Jamie Harris & David
Massey
*In Memory of Andrew Paul
Sorrells*
Curtis Sorrells
*In Honor of Virginia
Copenhaver Wilson*
Dana Dawson
*In Memory of Virginia C.
Wilson*
Niemann Family

ONE SENIOR FOR ONE YEAR

Anonymous (1)
Arthur Cathers
Strawberry Creek, LLC

ONE SENIOR FOR ONE YEAR IN MEMORY OR HONOR

In Memory of Andrew J. Smith
Anonymous

THREE SENIORS FOR ONE YEAR

James Maier

FIVE SENIORS FOR ONE YEAR IN MEMORY OR HONOR

In Memory of Stan Boling
David McGill, Estate of Stan
Boling

EIGHT SENIORS FOR ONE YEAR

Estate of Carole A. Morgan

FOURTEEN SENIORS FOR ONE YEAR

Mr. Will J. Pugh, WALMAC
Fund

FIFTEEN SENIORS FOR ONE YEAR

Anonymous

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. Class will not meet the last week of December.

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. Class will not meet December 17-31 and will resume January 2.

Health and Humor: Enjoy fellowshiping with Nurse Claudia and others who enjoy laughing AND learning! Wednesdays at 12:15 pm.

Hearing Screening & Hearing Aids Checked/Cleaned. November 6 and December 3.

SAIL Exercise Class: Learn about how this new exercise curriculum can improve your balance and strength. Class meets every Monday and Wednesday at 10 am, and Friday at 9:30 am. Class is FREE for most insurance members so please call for details.

Sweet Spot for Diabetics: Nov. 8 Five Lab Test You Need To Know; Dec. 13 Traveling with 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 November 7 & 14 and December 5 & 13.

Tooth Wisdom Workshop: Friday November 16th. Free one hour workshop learning the basics of daily oral care and appreciation of the importance of good oral health habits. Led by a skilled professional. To reserve your spot call 523-1135 or tell the front desk.

UT Mammogram Van: November 16, 9 am-4 pm. Call UT at 865-305-9753 to schedule this important screening.

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): Support group for families dealing with various forms of mental illnesses meeting on Nov. 15 and Dec. 20.

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!

Nov. 5 What are the Possible Causes of Dementia: Join Janice Wade-Whitehead, from Alzheimer's Tennessee, as she leads this discussion.

Dec. 10 Spiritual Health: Phillip Gross, Chaplain from the University of Tennessee Hospital, will share how spiritual health is an important component of an individual's well being.

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.

Classes are taught by Social Media 4 Seniors Staff.

Awesome Apps: \$15 for the 1-day class
Wed, Nov 7, 10:00 am – noon

Getting the Most of Your Tablet/ Smartphone Camera: \$15 for the 1-day class
Wed, Nov 7, 12:30 pm – 2:30 pm

Apple Basics Class pt. 2: \$25 for the 2-day class
Wed/Thurs, Dec 5 & 6, 10:00 am – noon

Android Basics Class pt. 2: \$25 for the 2-day class
Wed/Thurs, Dec 5 & 6, 12:30 pm to 2:30 pm

Windows 10: \$15 for the 1-day class
Thurs, Nov 8, 10:00 am to noon

Microsoft Word Processing: \$15 for the 1-day class
Thurs, Nov 8, 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 and Thursdays, from 10:30 am to 3:30 pm. Please call to schedule an appointment.

AUGUST & SEPTEMBER 2018 OOA CONTRIBUTORS

CAREER CLOSET

Virginia Eckert
Shelia Erwin

CONNECTING HEARTS

Quality Home Health
Shafer Insurance

FEED A PET

Peter & Fawn Landrum
Steve & Linda Oliver

Martha Rosson

In Memory of Lucille Millspaugh
Anonymous

GIFT OF SIGHT & HEARING

Anonymous (1)

GRANDPARENTS AS PARENTS

Andrew & Kathryn Gross
Knoxville Bar Foundation

LIVE

Sara Yoakley

O'CONNOR SENIOR CENTER BAND

Anonymous (1)

O'CONNOR CENTER

Cold War Patriots
Frankie Hicks
The Melrose Foundation

In Memory of Dot Sain
Misty Dodge

O'CONNOR SINGING SENIORS

Anonymous (1)

PAWS

Young at Heart Club
In Memory of Bill Allen's Sister
Rebecca & Robbie Broom
In Memory of Stan Boling

David McGill, Estate of Stan

Boling
In Honor of Rebecca Broom's
Birthday

Stephanie Clark, Patricia
Harris, Shirley Selby & Saralee
Taylor

In Memory of Foster Lewis

Anonymous
In Memory of Audrey Jones Mee
Anonymous

SENIOR COMPANIONS

In Honor of Deisha Finley
Gabe Blake

SNOWFLAKE BALL COMING SOON! ❄️

Saturday, Feb. 2, 2019 • 6 pm—9 pm
Kerbela Temple • 315 Mimosa Ave.
Knoxville, TN 37920 ❄️

Tickets are \$45 by January 15, 2019, and \$60 after. For tickets, call 865-524-2786.

For sponsorship information, call the number above or email deisha.finley@knoxseniors.org ❄️

OFFICE ON AGING OFFERS PHILIPS LIFELINE

Philips Lifeline offers a variety of products to protect seniors or people who live alone. Lifeline is especially known for its commitment to reduce the risk of falls in the home among seniors and others who are at risk for serious injury due to falls. Lifeline products are offered through the Office on Aging as a service to seniors in our community. There are many affordable plans and systems available, and you can help seniors you know find the ones that are right for them.

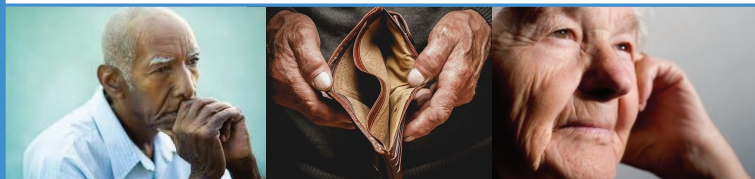
One of the best known Lifeline products is HomeSafe, the safety pendant (worn around the neck or as a bracelet) that notifies emergency responders, family members, neighbors, or health-care providers in the event of a fall or an emergency. The waterproof help button is easy to use and responsive any time the person wearing it needs help. The wearer decides whom they want to have notified in the event of an emergency. Plans start at \$29.95 a month.

Friends of the OOA should use the ordering info below to get the lower price. To order, or for more information, call toll-free: 1-866-674-9900, ext. 4310. Please mention code TN765. ■



RISE ABOVE CRIME

Supporting Survivors of Elder Abuse



Have You Suffered?

from mistreatment through physical, sexual, or psychological violence; neglect; economic exploitation and fraud?

Free, confidential support group for adults

Start date: November 1, 2018
 Every Thursday until June 1, 2018
Time: 3 pm—4 pm

Location: O'Connor Senior Center
 611 Winona St. Knoxville, TN 37917

Participants will:

Reflect & connect with others who have been in similar situations

Learn more about dynamics of abuse & trauma

Practice and develop tools for self-care

Discuss and examine relationship dynamics

Questions? Call Emma Parrot at the CAC Office on Aging at 865-524-2786

This grant is funded under an agreement with the State of Tennessee. Additional funding is provided by the CAC Office on Aging.

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Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract and a contract with the State Medicaid Program. Enrollment in the plan depends on the plan's contract renewal with Medicare. This plan is available to anyone who has both Medical Assistance from the State and Medicare.

Y0066_171024_140902 Accepted CST19519

••••• TO KEEP YOU INFORMED •••••

KNOXVILLE HOLIDAY SEASON:
A FESTIVE VISUAL HISTORY FROM THE PAST

Join us for a festive holiday Council on Aging meeting as we travel down memory lane remembering Knoxville holidays past with pictures and music. You will be entertained with found footage and pictures of the holiday season from the early to mid 20th century.



Bradley Reeves founded the Tennessee Archive of Moving Image and Sound (TAMIS) with his wife, Louisa Trott, in 2005. It started as a stand-alone nonprofit, operated by Reeves and Trott out of their Bearden apartment; after a few years, the archive moved into the East Tennessee History Center, where it found a partnership with Steve Cotham and the McClung Collection. In 2013, TAMIS became part of the Knox County Public Library. Reeves founded his business, Cinegraphic Archives and Preservation in 2017 where he digitally transfers and preserves home movies, video and audiotape.

Enjoy holiday refreshments provided by United Healthcare and reminisce on holidays past at the December Council on Aging meeting. ■

Knoxville-Knox County
KCOA
COUNCIL ON AGING

DECEMBER MEETING

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

ELDER NEWS & VIEWS

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

OFFICE ON AGING DIRECTOR

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knoxooa@knoxseniors.org • www.knoxseniors.org

**GIVE
THE
GIFT
OF A
LIFT**



After 5 years we've reached
25,000 rides
with 132 volunteers just like you!



**RETIRED AND SENIOR
VOLUNTEER PROGRAM**

"I've got plenty of time"

Time is one of our most precious commodities! Quality time with family is especially important because it builds stronger relationships and fosters self esteem in our young ones.



Make the time! Are your grandkids out of school?

Spend some time with your family this season providing essential trips or delivering meals to seniors and families that need them the most. What better way to teach positive family values? Create those memories and teach your family what it means to give back.

Give the Gift of a Lift!

In Blount County, RSVP volunteers improve the lives of older adults by providing essential trips to seniors 60 years of age and older within Blount County.

Contact the Blount County RSVP coordinator at 865-724-1131

If you live in Knox County, contact the Knoxville County RSVP coordinator at 865-524-1650. ■

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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NOVEMBER/DECEMBER 2018

ELDER NEWS & VIEWS

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MOBILE MEALS GREETING CARDS ON SALE NOW

Send the message of hope to your family, friends, and loved ones this holiday season while supporting Mobile Meals. This year's greeting card was beautifully designed and contributed by the talented artist, Ashley Plauche of Wonderline Design (wonderlinedesign.com.)

The greeting cards are blank inside and come in packs of ten with envelopes for only \$10. Each pack of cards sold will purchase about three meals for a homebound Knox County senior. ■



Mobile Meals Holiday Cards can be purchased
at the following locations:

- CAC Office on Aging, 2247 Western Ave.
- O'Connor Senior Center, 611 Winona St.
- Trinity Hills Senior Living, 4611 Asheville Highway