

ELDER NEWS

SEPTEMBER/OCTOBER 2019

VIEWS

OFFICE ON AGING
KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

AGING: A FAMILY AFFAIR

CELEBRATING 35 YEARS!

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 cost for the day is \$25 (through October 25), including continental breakfast, lunch, and exhibitors' fair. Special thanks to our major sponsors, The University of Tennessee Medical Center, The Pat Summitt Foundation, Knox News, and Cigna, whose sponsorships help keep the cost 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 available throughout the day. ■

Thursday, November 7

8 am - 3:45 pm

Rothchild Conference Center
8807 Kingston Pike

Aging: A Family Affair 2019 Workshops

- How to Plan for the Legal Unknown
- Dimensions of Aging Well
- Embracing Technology
- Understanding Medicare and Social Security
- Managing Your Arthritis
- Genetic Testing: It's All in the Genes
- Update on Parkinson's and Movement Disorders
- The Power of Sound and Silence

Exhibitor's Fair

More than 65 vendors will be on hand to offer information about services for seniors and their caregivers.

Keynote Address by Glenn Jacobs, Mayor of Knox County, Tennessee

Before becoming Knox County Mayor in 2018, Glenn Jacobs had a successful professional wrestling career that spanned nearly 25 years. Though this afforded him the opportunity to perform in front of millions of fans across the United States and in over 40 countries around the world, Jacobs chose to make his home in East Tennessee over 20 years ago.



Mayor
Glenn Jacobs

advisory council and the board of the Halls/Powell Boys and Girls Club. Additionally, his small business, Jacobs Insurance Associates, became the local champion of the Kindness Revolution, a national anti-bullying initiative. And he, along with his wife Crystal, founded Kane's Crusaders, a non-profit organization with the mission of bringing joy to chronically ill teenagers in East Tennessee.

Mayor Jacobs' goals for his administration include keeping taxes low, creating efficiencies in government, supporting education and encouraging diversity. He will share with us his views and goals regarding older adult issues and services in Knoxville - Knox County.

Jacobs has served on the Children's Hospital

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 25, will be \$30.

You can register in a couple of ways:

1. 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 25.
2. 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.

MORE THAN A SENIOR JOB FAIR

FLU SHOTS AND TAX HELP AT THE SENIOR JOB FAIR

Dependable.
Experienced.
Reliable. These are all words that many employers use when talking about the value of older adults in the workforce.

Wednesday,
October 9
9 a.m. - 11:30 a.m.
CAC Ross Building
2247 Western
Avenue



a flu shot! Walgreens will be administering flu shots from 9 am - 11:30 am. Bring your insurance card for billing. There will be a limited number of vouchers for those who do not have insurance.

5/3 Bank's eBus at the Senior Job Fair

The professionals on board the eBus—

equipped with computer workstations and Internet connectivity—are available to field questions and provide a number of services, including: paths to homeownership, access and review of credit reports, debt reduction strategies, small business ownership or how to open a checking account.

Volunteer Income Tax Assistance at the Senior Job Fair

The Volunteer Income Tax Assistance (VITA) program will be at the Senior Job Fair to provide free tax counseling by IRS certified tax preparers. VITA will offer also assistance with the new IRS Tax Calculator. Interested in volunteering with VITA? Just ask a VITA volunteer for more information. ■

Flu Shots at the Senior Job Fair

While you're at the Job Fair, you can also get

O'CONNOR CENTER'S 15TH ANNUAL GOLF CLASSIC

It's fundraising time at O'Connor Senior Center and we are looking for golfers to participate in the Center's 15th Annual Golf Classic. It's always a fun time to get together, enjoy good food and friendly competition, while raising funds for the Center.

Friday, September 27, 2019
8:30 am Tee Time
Three Ridges Golf Course -
6101 Wise Springs Rd.

You can help by sponsoring a hole or a team; donate items for goodie bags, snacks for the refreshment cart or door prizes. You can be a player for \$125/person or \$500/team. To register to be a player, you can visit knoxseniors.org and click on the golf icon.

All proceeds go directly to the O'Connor Senior Center. Your participation ensures that O'Connor will have the funds to continue the programs that keep seniors active. ■



SOCIAL SECURITY SCAM CALLS AND OLDER ADULTS

By Sasha Hammett, Rise Above Crime Program Manager

Have you received a call from someone claiming to be with the Social Security Administration stating that there has been suspicious activity involving your social security account? If so, you have experienced the latest, growing trend in robocall scams. These calls are not only going to landlines, they are also going to cell phones in an attempt to scam you out of your money.

Government imposters will advise you of suspicious activity on your account and ask you to go to a store and purchase either gift cards or prepaid cards and then request that you send the

caller pictures of the cards and serial numbers in order to restore your social security account. However, the imposters will then use the money on the cards.

According to the Social Security Administration, the average consumer loss is \$1,500 a person, while scammers stole \$19 million overall from people who responded to this type of scam.

If you feel that you have fallen



victim to this type of scam, the Social Security Administration has a fraud hotline so that you can report the scam calls. Call 1-800-269-0271 with the date, time, and phone number of the caller.

Remember, no legitimate government agency or business will ever call you and demand immediate payment with gift cards or pre-paid cards. Anyone who wants you to do that is only trying to steal your hard-earned money.

The CAC Office on Aging operates the Rise Above Crime program which can provide services and advice to local residents aged 50 years and older who have been victims of elder abuse, including financial exploitation like scams and fraud. For more information, please contact Rise Above Crime Program Manager, Sasha Hammett, at 865-524-2786. ■

FREE LEGAL ADVICE CLINIC

Saturday, September 7, 2019

9 am- Noon

CAC Ross Building
2247 Western Avenue

Meet with a lawyer for advice on Adoption, Bankruptcy, Custody, Debt Collection, Grandparents' Concerns, Identity Theft, Powers of Attorney, Social Security, Will & Estate Planning and more!

The Legal Advice Clinic is sponsored by the ETSU Families First program, the Grandparents as Parents program of the Office on Aging, and Legal Aid of East TN with assistance from the Knoxville Bar Association's Access to Justice Committee and volunteers from the Knoxville legal community.

Presented by:

Patricia Nash

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 19, 2019

Doors open at 4:45 P.M. Purse Madness begins at 6 P.M. sharp!

Rothchild Conference Center,
8807 Kingston Pike, Knoxville, TN

Tickets: \$50; Table of 10: \$450
No tickets available at door

Admission includes one drink ticket.
Light dinner fare, entertainment and cash bar will be provided.

To reserve your seat visit knoxseniors.org
or call CAC Office on Aging 524-2786

865-524-2786

GRANDPARENTS AS PARENTS MEETINGS

Grandparents as Parents program is for grandparents and other relatives raising children whose parents are unable to care for them. This fall, GAP is hosting a variety of workshops and groups for relative caregivers. We encourage you to RSVP to each of these programs at 865-524-2786.

Grandfamilies Together Meeting

Two locations

Virtue Church

725 Virtue Road

Childcare provided with a reservation.

September 12, 2019 • 10:00- Noon

With Sue Ownby, Parent Liaison

Knox County Schools

October 10, 2019 •

10:00-noon

Program: Overcoming Challenges When a Parent is Incarcerated

CAC Ross Building

2247 Western Avenue

September 24, 2019 •

10:00-Noon

October 29, 2019 •

10:00- noon

With Sue Ownby,

Parent Liaison,

Knox County Schools

Grand Visions-

Discussion Group

A drop-in small group for relative



caregivers to come together to talk about their concerns without criticism. Grand Visions meets weekly. Light refreshment will be available or you can bring your lunch. RSVP appreciated but not required. You may attend once or every week.

Thursdays, September 5, 12, 19, 26

and October 3, 24, 31

11:30-12:30

LT Ross Building

2247 Western Avenue

Parenting the 2nd Time Around Workshop

This workshop of 4 classes is designed to address the specific needs of grandparent and relative caregivers who are parenting again.

Please join us at the Burlington Branch Library at 4614 Asheville Highway.

Workshop Dates & Times:

Thursdays Sept. 12, 19, 26 & Oct. 3 |

10:30-noon

MEDICARE OPEN ENROLLMENT: HELP IS AVAILABLE AT KNOXVILLE SENIOR CENTERS

Medicare Open Enrollment Period is from October 15—December 7. We offer 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 seniors centers listed below. You will need to bring:

- Medicare card (new one if available)

- Social Security number
- All active health insurance cards
- Letter about Extra Help or the Medicare Savings Program (if you received one)
- List of current prescription medications – Ask your pharmacy to print a list with drug names, dosages, amount purchased, and price

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

9 a.m.—12 noon on October 17 & 24 & 31,

November 14 & 21, and December 5

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

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

Friday, October 25

Call (865) 546-6262 to schedule appointment.

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

Wednesday, October 30

Call (865) 546-6262 to schedule appointment.

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

Wednesday, November 6

Call (865) 546-6262 to schedule appointment.

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

Friday, November 8

Call (865) 546-6262 to schedule appointment.

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

Wednesday, November 13

Call (865) 546-6262 to schedule appointment.

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

Thursday, November 14

Call (865) 546-6262 to schedule appointment.

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.

The O'Connor Center will be closed Monday, September 2 for Labor Day.

SEPTEMBER/OCTOBER PROGRAMS

AARP Driver Safety Program: The Smart Driver Course will be offered Monday & Tuesday, Oct. 21 & 22. Call Gregg Sharpe at 865-256-9014 for info and to register for this two-day refresher course.

Bingo: Enjoy this friendly game on Wednesdays from 1:30 pm - 3:00 pm. Sponsors for snacks and callers are needed. Call 865-523-1135 to find out how to get involved.

Camera Club: Classes on Wednesday, Sept 18 and Oct 16. 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. Everyone is welcome.

Chess Club: For beginners and experienced players alike! Enjoy this classic game with instruction available. Call to pre-register and reserve your seat.

Creative Writers Workshop: Classes for aspiring and experienced writers. There is a story in all of us!

Creative Endeavors: Group membership is available for those who are looking for ways to express their creativity.

Membership is free and newcomers are 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.

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

DANCES - Cost varies per dance.

Tea Dance: First Tuesdays, Sept 3 and Oct 1--great fellowship! Cost is \$2; light refreshments.

Friday Night Dances: Sept 20 and Oct 18. "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:

Sept 14 and Oct 12. Cost: \$6/Dance Club Members; \$8/Non Members.

Flower Lovers Garden Club: Meets Thursday, Oct. 10. 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!

Fun Film Fridays: Enjoy a weekly movie and popcorn; donations appreciated. Call for movie title or see listing in Knox News on the 1st and 3rd Sunday of the month.

French: Tuesdays. Enjoy expanding your French vocabulary! Oui? Peut-être? Call the Center for additional information.

Genealogy: Maybe you know about you family's history or you only have a little information to start or none at all, this class will put you on a path to discover and chart your genealogy information. You will learn how to utilize free databases and other sources such as state historical archives to assemble key information on the generations of your family tree. Suggested donation of \$2 per class.

Gift Shop: Wonderful and unique gifts are available Monday-Friday from 10 am-2 pm. Call for membership info.

Happy Hikers: Thursdays. Newcomers are always welcome; please email Carrie Roller at crhands1@gmail.com or call the Center for additional information if you are interested in participating in a hike.

Sept. 12 Old Sugarlands Trail to Cherokee Orchard Rd. 8-mile moderate

Sept. 19 Angel Falls Overlook in Big South Fork 6-mile moderate

Sept. 26 Cumberland Gap/Sand Cave & White Rock 8-mile strenuous

Oct. 10 Fire Tower Loop at Bays Mt. Park in Kingsport 6.5-mile; \$5.00 per car

Oct. 17 Obed Point Trail (Lunch) 6-mile moderate

Oct. 24 Thomas Divide Loop, Stone Pile Gap in Bryson City 9.9-mile moderate to strenuous

Oct. 31 Cataloochee 6-mile moderate

Harrah's Trip: Tuesdays, Sept. 10 and Oct. 1. 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. Call Frankie Hicks at 865-525-1475.

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

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

Mahjong for Beginners: Mahjong is a card game that originated in China. Seating is limited so call to reserve your seat today!

News Archives with the Knox County Public Library: A representative from KCPL will be here to teach how to access the Knoxville News archives. Use the archives to gain local perspective on historical news or research your family history. This is a great tool for those also interested in our Genealogy classes. All you need is a KCPL library card and log in information! Call the Center for additional information at 523-1135.

O'Connor Center Band (Cadet for Beginners/Concert for Advanced): Wednesdays. Gently used instrument donations are always needed. If interested, please call 523-1135 to set a time to meet prior to class time.

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 with Washable Oils: Tuesdays. Instructor: Liberty Gialelis. Cost is \$20 for 5-week session; New classes begin September 24 and October 29. 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.

Softball: Still plenty of time to sign up! 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, relaxed competition, and everyone plays each inning. Cost is \$10 for the season. Season will come to and end on Thursday, October 31.

O'CONNOR, CONTINUED ON P. 8

SEPTEMBER 2019 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
<p>CENTER CLOSED 2</p> 	<p>9:00 Softball 3 9:30 Singing Seniors Practice Begins 1:00 SCL 1:30 Tea Dance</p>	<p>10:00 Adv. Painting Begins 4 12:15 Health & Humor 12:30 Beg. Painting Begins 1:00 Brain Games</p>	<p>9:00 Softball 5 11:30 Chess Club 12:30 Android Basics 1:00 SCL</p>	<p>9:00 Woodcarving 6 11:00 Silver Stage Players Practice Begins 12:30 Android Basics 1:00 Old Time String Band</p>
<p>9:30 Creative Writers 9 10:00 Mahjong for Beginners 1:00 Your Life Story **New Series**</p>	<p>8:00 Harrah's Casino Trip 10 9:00 SCL Field Trip 9:00 Softball</p>	<p>12:15 Health & Humor 11 1:00 Brain Games</p>	<p>9:00 Softball 12 9:00 Toenail Clinic 11:30 Chess Club 12:00 Sweet Spot 1:00 SCL 2:00 COA & SCL</p>	<p>9:00 Woodcarving 13 1:00 Old Time String Band</p> <p>7:00 Saturday Night Big Orange Dance with the David Correll Band 14</p>
<p>9:00 Legal Assistance 16 <i>by appointment only</i> 10:00 Mahjong for Beginners</p>	<p>9:00 Softball 17 11:00 Italian Classes Begin 1:00 SCL</p>	<p>12:15 Health & Humor 18 1:00 Brain Games 10:00 Camera Club 1:30 AARP Ch. 85</p>	<p>9:00 Softball 19 10:00 Brain Games District Tournament 11:30 Chess Club 1:00 SCL</p>	<p>8:30 Health & Fun Fair 20 9:00 Woodcarving 1:00 Old Time String Band 7:00 DJ Variety Dance</p>
<p>9:30 Creative Writers 23 10:00 Mahjong for Beginners 1:00 Market Group Mtg</p>	<p>9:00 Softball 24 11:30 ** New Series** Painting with Washable Oils 1:00 SCL</p>	<p>9:00 Toenail Clinic 25 10:00 News Archives with the Knoxville Public Library 12:15 Health & Humor 1:00 Brain Games</p>	<p>9:00 Softball 26 11:30 Chess Club 1:00 SCL</p>	<p>8:00 O'Connor 15th Annual Golf Classic at Three Ridges Golf Course 27 12:30 Smartphone/Table Camera Class</p>
<p>9:00 Legal Assistance 30 <i>by appointment only</i> 10:00 Mahjong for Beginners</p>				

RECURRING WEEKLY EVENTS

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

OCTOBER 2019 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
	8:00 Harrah's Casino Trip 1 9:00 Softball 12:00 Hearing Screening & Hearing Aids Checked 1:00 SCL 1:30 Tea Dance	2	9:00 Softball 3 10:30 Brain Games Sub-State 11:30 Chess Club 1:00 SCL	9:00 SCL Field Trip 4 9:00 Woodcarving 10:00 \$5.00 Purse Sale Benefitting Mobile Meals 1:00 Old Time String Band
9:00 Legal Assistance 7 <i>by appointment only</i> 11:30 Creative Endeavors 12:00 Lunch & Learn	9:00 Softball 8 9:00 Toenail Clinic with Dr. Akerman 1:00 SCL	12:15 Health & Humor 9 1:00 Brain Games 1:00 Genealogy	9:00 Softball 10 11:30 Chess Club 12:00 Sweet Spot 1:00 SCL 2:00 Flower Lovers 2:30 COA & SCL	9:00 Woodcarving 11 10:00 Gift Shop Steering Committee 1:00 Old Time String Band 7:00 Saturday Night 12 with the Ed Niedens Band
9:30 Creative Writers 14	9:00 Softball 15 1:00 SCL	10:00 Camera Club 16 12:15 Health & Humor 1:00 Brain Games	9:00 Medicare Open 17 Enrollment Assistance 9:00 Softball 11:30 Chess Club 12:30 iPhone Basics TBA SCL Field Trip	9:00 Woodcarving 18 12:30 iPhone Basics 1:00 Old Time String Band 7:00 DJ Variety Dance
9:00 Legal Assistance 21 <i>by appointment only</i> 12:00 AARP Driver Safety 1:00 Your Life Story **New Series**	9:00 Softball 22 12:00 AARP Driver Safety	12:15 Health & Humor 23 1:00 Brain Games 1:00 Genealogy 9:00 Toenail Clinic	9:00 Medicare Open 24 Enrollment Assistance 9:00 Softball 11:30 Chess Club	9:00 Woodcarving 25 10:00 Gift Shop General Meeting 12:00 Lunch & Learn 12:30 Facebook 101 1:00 Old Time String Band
9:30 Creative Writers 28 1:00 Market Group	9:00 Softball 29 11:30 ** New Series** Painting with Washable Oils	10:00 News Archives 30 with the Knoxville Public Library 12:15 Health & Humor 1:00 Brain Games	9:00 Medicare Open 31 Enrollment Assistance 9:00 Softball 11:30 Chess Club	

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 11:00 Silver Sneakers Hula Hoop Fitness 1:00 Your Life Story 1:30 Intermediate Line Dance Blood Pressure Checks Monday—Friday 10:30 am-11:30 am	9:00 Quilting, Softball, 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, Italian 11:20 Seated Yoga 11:30 Washable Oils Painting 1:00 Table Games 1:30 Afternoon Dancing	8:45 Advanced Senior Cardio 9:00 Cadet Band Practice 10:00 Advanced Painting, Concert Band Practice, Party Bridge, SAIL Exercise, Water Aerobics 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, Softball, Tai Chi 10:00 Basic Arthritis Exercise Happy Hikers, Tai Chi Continuing, Tai Chi Set Practice, Thursday Walkers, Water Aerobics, Yoga 11:00 Adv Arthritis Exercise 11:20 Seated Yoga 1:00 Table Games	9:00 Woodcarving, 9:30 SAIL Exercise 10:00 Water Aerobics 11:00 Advanced Spanish 11:00 Silver Stage Players 12:00 Beginner 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

Spanish: Advanced class Fridays at 11 am; Beginners class every Friday, 12 noon.

Table Games: What's your favorite game? Come join the fun on Tuesdays. Newcomers always welcome!

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

Thursday Walkers: This group, a part of the Happy Hikers, meets in the community at parks and greenways to get in their exercise, enjoy the outdoors and fellowship. Each walk goes toward a collective count of miles and once we reach our destination goal we have a celebration sponsored by Trinity Hills of Knoxville.

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.

SENIOR SAVVY COMPUTER CLASSES

(PLEASE PRE-REGISTER AND PRE-PAY)

Tech Tutoring will be available for computer questions and answers on Tuesdays & Thursdays starting in August. Please call to schedule an appointment with our volunteer. Computers, as well as some iPads, tablets, etc., are available; please indicate need when registering.

Smartphone/Table Camera Class: \$15 for the 1-day class Fri, Sept 27, 12:30 pm – 2:30 pm

iPhone/iPad Basics: \$25 for the 2-day class Thurs/Fri, Oct 17 & 18, 12:30 pm – 2:30 pm

Android Phone/Tablet Basics: \$25 for the 2-day class Thurs/Fri, Sept 5 & 6, 12:30 pm to 2:30 pm

Facebook 101 Class: \$15 for the 1-day class Fri, Oct 25, 12:30 pm to 2:30 pm

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

Classes are taught by Social Media 4 Seniors Staff.

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 fellowship with a group who enjoy laughing and learning about healthier habits. Led by Nurse Claudia every Wednesday at 12:15 pm.

Health & Fun Fair: This year we will be widening our scope of what healthy living means to us! Participate in screenings, get some hair tips from local cosmetologists, get your body moving with some outside games, and learn about how taking care of yourself can be FUN!

Hearing Screening & Hearing Aids Checked/Cleaned. Get your hearing check or your hearing aids cleaned

and adjusted. This service is offered quarterly FREE of charge!

Hula Hoop Fitness: A fun and creative way to get in your cardio. For beginners and experienced participants alike. Class is FREE for Silver Sneakers members. Call for details.

Rise Above Crime: Free confidential support group for older adults who have suffered from mistreatment.

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.

SAIL Exercise Class: Learn about how this 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 call for details.

Sweet Spot for Diabetics: A pharmacist from Mac's Pharmacy will discuss the best practices to manage your diabetes! COMPLIMENTARY DINER LUNCH for those who pre-register. Sept 12: "Diabetes Emergency Checklist." Oct. 10: "I've Been Diagnosed, Now What?"

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 Sept. 12 & 25 and Oct. 23 with Kelli. Appointments for Dr. Akerman on Oct. 8.

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.

Yoga: Tuesdays & Thursdays, 10 am; Seated Yoga: Tuesdays & Thursdays at 11:20 am: Classes held at the YMCA. Cost is \$3 per class.

Lunch & Learn @ 12:00 Noon: Reservation must be made by Thursday of the previous week to get a free lunch! Complimentary diner lunch provided by the grandchildren and great-grandchildren of John T. O'Connor.

Sep 9: **Skin Is In** –Jamie Roberts, PA-C, from Greater Knoxville Dermatology, will discuss skin cancers and other skin conditions

Oct 7: **Beardsley Farm Soup Slurpin' Social** –Charlotte, from Beardsley Farm, will make a delicious soup featuring low cost ingredients. Samples will be served.

Oct 25: **Australia Travel Program -Adventure Travelers**, Lauren & Ed Langston of Knoxville, will present a program showing photographs of animals, people, and scenery they experienced in Australia.

JUNE & JULY 2019 DONATIONS

Regular Donations

Bob Andres
 Debra & Kenneth Brock
 Laura Brown
 Wanda Caldwell
 Colonial Heights United Methodist Church, J. Ray Stuart Sunday School Class
 Freddy's Frozen Custard & Steakhouses (Knoxville, TN)
 John Freshour
 Anna Goodman
 Dawna Gray
 Renita Harris
 Vi Hayes
 Charlotte Hensley
 Ronald Jolly
 Jo Learn
 Debbie Lowe
 David McCormick
 Caroline McRae
 Peggy Minge, Feed the Needy
 Oakwood Baptist Church, Homemaker's Sunday School Class

Harry Paylor
 Gerald Perlman
 Ray Reid
 Sarah Roberto
 Ronald & Virginia Shrieves
 Smithwood Baptist Church, Joy Class
 Mike and Kay Spinosa
 Linda Townsend
 Martha Carol Webster
 David & Carolyn Wells
 Linda Williams

Regular in Memory or Honor

In Memory of Penny Bandy
 Anna Davidson
In Memory of Penny Bandy
 Kathy Sergeant
In Memory of Penny Bandy
 Diane Williams
In Memory of Doris Jean Butler
 Clifford & Lois Beach
In Memory of Doris Jean Butler

Rusty & Stephanie Bingham
In Memory of Doris Jean Butler
 Fred & Liz Melloy
In Memory of John King Jr
 Georgia Ruth King
In Memory of Edward R. Knight
 Lynda Bowers
In Memory of Kenneth Roberts
 Laurie Gibson
In Memory of Charlotte Tarr
 Northgate Resident Association
In Honor of Nancy Dunn
 Chris A. Dunn
In Honor of Marc Green
 Ivan Green
In Honor of Orvalee Hancock
 Anonymous

Adopt A Senior Donations

Barbara Abner
 Beaver Creek Cumberland

Presbyterian Church, Searchers Sunday School Class
 Larry Bender
 Debbie Coyle
 Farragut Presbyterian Church, Outreach Committee
 Ann Gehin
 IREM East Tennessee Chapter No. 57
 David & Janice Ishee
 Kathryn Kimbrough
 Lake Hills Presbyterian Church
 Wayne & Diane Lankford
 Rosemary Mayberry
 Kari McCluer
 Mount Olive Baptist Church, Faith Sunday School Class
 Mount Olive Baptist Church, Eagles Sunday School Class
 Marie Norman
 Richard Pace
 Deborah Perry
 Lavon & Darlene Rickard
 Andrew Scruggs

Dorothy Swearingen
 The Table
 Darrell & Deena Trimble
 Trinity Hills of Knoxville
 Martha Vaigneur
 Linda Williams
 Steve & Deborah Zimo

Adopt A Senior in Memory or Honor

In Memory of Geraldine & Greg Davis
 George Davis
In Memory of Penny Bandy
 Tammy Deaton
In Memory of Penny Bandy
 Elder Law of ET
In Memory of Penny Bandy
 Don Russell
In Memory of Dorothy Frost
 Catherine Cooper
In Memory of Andrew Paul Sorrells
 Curtis Sorrells
In Memory of Chris Tiller
 Anonymous

One Senior for One Year

Peggy Elkins
 George & Nancy Lefler

Two Seniors for One Year

Rotary Club of Bearden
 Ronald Wyrick

Four Seniors for One Year

Akima Club

Eleven Seniors for One Year

Knoxville Firefighters Association Local 65

STAYING CRYSTAL CLEAR: HOW TO MAINTAIN HAPPY & HEALTHY EARS

This event is free and open to the public.

Losing your hearing, experiencing vertigo, getting

hearing aids: these are all considered inevitable parts of aging. At this time, scientists don't know how to prevent age-related hearing loss. However, you can protect yourself from noise-induced hearing loss by protecting your ears from sounds that are too loud and last too long. Join us as Dr. Denneny explains how to protect

Council on Aging program
Thursday, September 12
2:30 pm at O'Connor Senior Center, 611 Winona St.

your hearing longer and what to do when you experience vertigo symptoms.

Dr. Elise Denneny attended Northwestern University in Chicago obtaining her Medical Degree from Rush Medical College then completing a residency in Otolaryngology Head and Neck Surgery with a Fellowship in Facial Plastic and Reconstructive Surgery finishing in 1987. Dr. Denneny came to East Tennessee in 1987 and has been here since raising a family and treating East Tennesseans. She is active with Knoxville Area Project Access, a consortium of physicians, hospitals and Knoxville Academy of Medicine staff who coordinate and provide healthcare to the underinsured. ■



Elise Denneny, PhD

Finding Your Balance



When Cindy's employer decided to downsize, she was actually relieved for the change of pace. Retirement was a transition away from the stress of full time and on the road work.

However as a world traveler and a mother of two adult children, the stationary life and empty nest didn't mesh with her hopes for retirement for very long, "I've never been someone that could sit at home and watch tv all day. You've got to stay busy" said Cindy.



Staying active, positive social relationships, and healthy hobbies have always been key to her success and happiness but community service has been a trend in her family for years. After her daughter completed her AmeriCorps term, Cindy saw an ad for Volunteer Assisted Transportation (VAT) and knew national service would work for her.

As a RSVP, Cindy could complete national service with VAT and *still* continue her exciting 14 year curling career, raise her 3 dogs, and restore homes in Knoxville as an anti-plumber. "Taking people on their errands didn't seem too hard" said Cindy. Balancing her active lifestyle with the satisfaction of helping others was a welcome surprise, "Honestly, once you start [with VAT], it's kind of addicting because people are so thankful. You always feel like you've got something done."

Get something done for your community!

RSVP can match your talents, interests, and schedule to a service opportunity just right for you.
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ELDER NEWS & VIEWS

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SENIORS FOR CREATIVE LEARNING FALL 2019 PROGRAM

Seniors for Creative Learning 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/oconnor. ■

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 29 • 12:00 p.m.
Kick-Off Barbecue Luncheon and Smoky Mountain Shaggers
MEMBERS ONLY**

Tues., Sep. 3	1:00	Women's Suffrage - Wanda Sobieski, JD
	2:30	Climate Change - Chet Hunt
Thurs., Sep. 5	1:00	Bats and Human Life - Gary McCracken, PhD
	2:30	President Andrew Jackson - Dan Feller, PhD
Tues., Sep. 10	9:00	Field Trip: The Hermitage in Nashville - MEMBERS ONLY
Thurs., Sep. 12	1:00	You Can't Make This Stuff Up - Sam Venable
	2:30	Staying Crystal Clear: How to Maintain Happy and Healthy Ears - Elise Denny, MD
Tues., Sep. 17	1:00	Brexit: Anatomy of a Dumpster Fire - Ron Foresta, PhD
	2:30	What is Rolling Thunder? - Cindy Mink and Col. Carlos Hollifield (USMC, Ret.)
Thurs., Sep. 19	1:00	The Making of a Great Symphony and Its Maestro - Aram Demirjian, Maestro
	2:30	The Recent Mars Landing; Just What Does It All Mean? - Paul Lewis, PhD
Tues., Sep. 24	1:00	One Woman's Journey Into Criminal Justice Reform Advocacy - Edna P. Dixon
	2:30	What You Need to Know About Wills, Powers of Attorney and Living Wills - Anne McKinney, JD
Thurs., Sep. 26	1:00	Haunted History: Tracing the Roots of Knoxville's Ghost Stories - Laura Still
	2:30	Radon: Is This Invisible Killer in Your Home? - Lexi Brown
Tues., Oct. 1	1:00	Old Time Country Music - Libby Weitnauer
	2:30	The Recovery of the Great Smoky Mtns. National Park After the Gatlinburg Fire - Rob Klein
Fri., Oct. 4	9:00	Field Trip: Local Motors and Elkmont Exchange Brewery and Eatery - MEMBERS ONLY
Tues., Oct. 8	1:00	The Kingston Ash Spill; It's Not Over By a Long Shot! - Jamie Satterfield
	2:30	A Decade of NetZero: Projects Built by the Institute for Smart Structures - James R. Rose
Thurs., Oct. 10	1:00	Presidential Fun Facts and Foibles - Joe Konzer
	2:30	Positive Changes You Can Make for Better Brain Health - Joel Anderson, PhD
Tues., Oct. 15	1:00	Kiffen Rockwell: First Hero of the Great War - Marc McClure, PhD
	2:30	UT Sports History - Bud Ford
Thurs., Oct. 17	TBD	Field Trip: Fall Lunch Cruise on the Star of Knoxville - MEMBERS ONLY

** Field trip times will be announced at signup. **Joint Meeting with Council on Aging*

OFFICE ON AGING

KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

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

ELDER NEWS & VIEWS

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SEPTEMBER/OCTOBER 2019

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POSITIVE CHANGES FOR BETTER BRAIN HEALTH

As of now, prevention is the cure for Alzheimer's. There is promising research and some possible new medicines which could help you build a dementia resistant brain. Join Joel Anderson, PhD as he gives clinically sound ways of keeping your brain healthy and preventing dementia.

Joel G. Anderson, PhD, CHTP, FGSA, is an Associate Professor at the University of Tennessee College of Nursing. Joel's research program focuses on non-pharmacological interventions for symptom management and caregiver support in Alzheimer's disease and

dementia care. Joel is an elected fellow of the Gerontological Society of America. He also is an active member of the International Dementia Scholars Collaborative and the International Family Nursing Association.

This event is free and open to the public. ■

**Council on Aging
program**

Thursday, October 10

**2:30 pm at O'Connor
Senior Center, 611
Winona St.**



Joel Anderson, PhD