

# ELDER NEWS

JANUARY/FEBRUARY 2021

# VIEWS

OFFICE ON AGING  
KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

# THE SNOWFLAKE BALL

## *A Virtual Celebration*

The pandemic has changed the way we do everything, but it hasn't stopped us from continuing our good work. Because we care about the health and well-being of everyone in our community, we are adapting and adhering to new protocols to keep each other safe. Sadly, this means our Snowflake Ball will not include being together this year. This year, we are going virtual!

Thanks to the support we received during the 2020 Snowflake Ball, Senior Companions were able to provide an additional 12,236 hours of services for a total of 68,612 hours. Despite the challenges of the pandemic, Senior Companion volunteers are still providing essential support and life-changing companionship via phone, porch visits, at adult day facilities, and in client homes with COVID safety precautions in place.

Please join us for an online evening of celebration to benefit the Senior Companion Program from the comfort of your home! The 2021 Snowflake Ball will include entertainment, attendee live stream, silent auction, local celebrity surprises and much more!

### WE NEED YOUR HELP!

Tell a friend about the Senior Companion Program.

Encourage others to volunteer as a Senior Companion.

Tune in to [knoxseniors.org](https://knoxseniors.org) on Saturday, February 20th at 7pm for the Snowflake Ball Virtual Celebration!

Donate to support the Senior Companions.  
<https://givebutter.com/SnowflakeBall2021>

Are you looking to not only donate but MAKE A DIFFERENCE in our community? Well, here is your opportunity. Check out the Snowflake Party boxes, available for a limited time only. For a \$50 donation, you can secure Snowflake Ball Party Boxes that contain a \$25 gift card to a local



**Saturday, February 20th**

**7 p.m.**

**Online Event: Visit [knoxseniors.org](https://knoxseniors.org) for the link.**

business, 2 mini-bottles of champagne, chocolates, gourmet popcorn, and a golden crown globe. These boxes make a perfect gift for any occasion! Your donation will support the isolated seniors and low-income older adults served through the Senior Companion Program.

### ABOUT THE SENIOR COMPANION PROGRAM

Did you know that 40% of seniors in our community experience isolation on a regular basis? Can you imagine growing older in your home without the support of any family, friends, neighbors, or financial stability? Who would you call for help? For over 300 seniors in Knox County, the answer is the CAC Senior Companion Program. This unique program mobilizes senior volunteers to provide support to homebound, lonely, and isolated older adults.

The Senior Companion volunteers receive a small stipend for their service which helps them purchase necessities such as food and medicine. Your donation today will go towards covering the stipend, meals, and transportation costs for Senior Companion Volunteers.

Senior Companions provide vital support and life-changing companionship to isolated older adults. Senior Companions assist adults recovering from illness or surgery, hospice patients, individuals who feel alone and isolated, and seniors battling dementia or Alzheimer's Disease. Volunteers and participants in the program live on a limited income and benefit



through this mutual network of support.

Over 300 seniors are waiting for a Senior Companion in Knox County.

Visit [knoxseniors.org](https://knoxseniors.org) for more information.

Follow our event on social media:

#SnowflakeBall2021 ■

**Watch for more information on the virtual silent auction that will go live on Friday, February 12th at 4 pm. More information at [knoxseniors.org](https://knoxseniors.org).**

### Thank you to our sponsors!



# SAVE THE DATE! APRIL 16, 2021 PANCAKE FEST

*Annual fundraiser for the O'Connor Senior Center*

## COUNCIL ON AGING PROGRAM STAYING SAFE DURING THE WINTER MONTHS

With everyone spending more time in their homes, it is important that we stay safe and protect ourselves from common winter accidents like fires caused by space heaters and falling down in icy conditions. Join us as Colin Cumesty of the Knox County Fire Bureau gives practical tips on how to stay safe this winter.



**Colin Cumesty**

Colin Cumesty is a 20-year veteran of the Rural Metro Fire Department in Knox County. From 2009 to 2019, Colin was assigned to the Town of Farragut Fire Prevention Office where he was responsible for Fire Code compliance in new and existing construction. Colin has been a State of Tennessee and International Code Council Certified Fire

**January 14, 2021**

**2:30 P.M.**

**This program will be held online. Find the link at [knoxseniors.org](http://knoxseniors.org).**

Inspector since 2009. Since 2010, Colin has been assigned to the Knox County Fire Bureau as a Fire and Life Safety Educator.

Colin routinely develops and delivers public education programs with the goal of reducing injuries and loss of life from fire and life safety emergencies. Colin also serves as a Fire Investigator with the Knox County Fire Investigation Task Force.

### **Meeting Information**

Attend by phone at 1-844-621-3956 (Access code: 132 069 5576) or go to [knoxseniors.org](http://knoxseniors.org) for the link to attend virtually.

**Questions? Call us at 865-524-2786. ■**

## **NEW SENIOR SERVICE DIRECTORY COMING THIS SPRING**

At the Office on Aging, we are putting finishing touches on the 22nd edition of the Senior Service Directory to be published and distributed this Spring. The directory, also known as the "little yellow book," is filled with important updated information for seniors, family members, caregivers, health care professionals, social workers, and anyone looking for services, programs, and resources for seniors in Knox County. And remember, the Senior Service Directory is also available 24/7 on our website at [knoxseniors.org](http://knoxseniors.org). ■

Our most vulnerable neighbors are depending on Mobile Meals now more than ever for nutritious food. With the daily visit, volunteers are a lifeline to fight



isolation and help identify other needs of homebound seniors. Caring individuals are needed to assist Mobile Meals in achieving its mission of keeping seniors healthy and safe in their own homes. Since the pandemic, the

number of seniors being served each weekday has increased to 1,200 with 70 routes to cover, delivering to every zip code in Knox County. Delivering meals and checking on the well-being of older adults can be done safely with family or close friends. You can schedule a regular route or just let us know whenever you are available. Volunteers are always needed. Call 865-524-2786 or Email: [MobileMealsVols@knoxseniors.org](mailto:MobileMealsVols@knoxseniors.org) ■



# GRANDPARENTS AS PARENTS PROGRAM

If you are a grandparent or other relative caring for your grandchildren, nieces, nephews or other related children, you may be considered a “grandfamily.” Undertaking the full-time responsibility for raising a grandchild or other relative causes major changes in one’s life.



Grandparents as Parents is a program of the CAC Office on Aging that offers support to grandfamilies. The program is free and there are no age or income requirements. Call Tracy Van de Vate or Anne Stokes to enroll today. 865-524-2786. ■

## NEW! Grandfamilies Together Evening Support Group Meeting

Thursday evenings at 7 pm (1 hour)  
January 28 and February 25, 2021  
Meetings will be hosted on Zoom.  
Call Tracy or Anne to receive the link.

## Grandfamilies Together Conference Calls

Weekly on Tuesdays at 10 am (30 minutes)  
January 5, 12, 19, 25 and February 2, 9, 16, 23, 2021  
Call in: Toll Free 844-855-4444 or 978-990-5482  
Access Code: 1460466#

# HELP OLDER ADULTS STAY WARM THIS WINTER

Cold winter weather can have devastating effects on older adults’ health. According to the National Institute on Aging, for an older person, a body temperature of 95°F or lower can cause many health problems, such as a heart attack, kidney problems, liver damage, or worse. Project LIVE (Living Independently through Volunteer Efforts) is an Office on Aging program that serves seniors with the goal of keeping them in their own homes. Many Project LIVE clients do not have working heating units, so we desperately need donations of new portable heaters of the ceramic type or electric oil-filled radiant type (that look like radiators but are portable, electric, and safe for seniors). Our office also accepts monetary donations toward the purchase of portable heaters. Don’t let older adults go without heat this winter.

Donations of heaters can be dropped off curbside at the Office on Aging, at the Ross Building, 2247 Western Avenue, Knoxville. Call 865-546-3500 before you arrive and ask for the Social Services Department. A staff member will meet you at your car to pick up the heaters. Financial donations should be mailed to the Office on Aging, P.O. Box 51650, Knoxville TN 37950-1650. You can also donate online at [knoxseniors.org](http://knoxseniors.org). ■

# FREE TABLET CLASS FOR SENIORS

## Free class & free tablet!

- Must have an email address and basic knowledge of computers to participate.
- Classes will be held at O’Connor Senior Center. Call the Office on Aging for dates and times.
- Class size is limited to 6 and is filled

on a first-come, first-served basis. Attendees will be required to comply with temperature checks and wear a mask. Registration is required. To register, call the Office on Aging at 865-524-2786. ■

# HOW TO REFER CLIENTS TO RISE ABOVE CRIME

Rise Above Crime is a program through the CAC Office on Aging that serves older adults in Knoxville and Knox County who have suffered from physical, sexual, or psychological violence; neglect; economic exploitation or fraud. Anyone who knows of an individual who might benefit from case management services can make a referral by following these steps:

## Step 1: Have you Reported?

If you suspect elder abuse or neglect, it’s important to remember that all citizens of Tennessee are mandated reporters. If you suspect elder abuse or neglect contact Adult Protective Services for 24/7 reporting at 1-888-277-8366 or at <https://reportadultabuse.dhs.tn.gov>

## Step 2: Call the CAC Office on Aging

After you have contacted Adult Protective Services, call the CAC Office on Aging at 865-524-2786. You will speak with our front desk associate and can let them know that you are seeking to make a referral to Rise Above Crime or that you would like more information on elder abuse programming. They will then direct your call.

## Step 3: Provide Information

Our front desk associate will direct your call either to the Rise Above Crime program manager, Sasha Hammett, or the Project LIVE Coordinator, Melinda Bryant. At this time, you would be prompted to provide basic referral information (name, phone number and basic information about the potential client) that would be collected and passed along to the case management staff.



## Step 4: Referral Complete!

After speaking with staff and providing the referral information, the information will be passed along to the Rise Above Crime case managers who will follow up with the potential client.

For additional information or questions, please contact Rise Above Crime Program Manager, Sasha Hammett, at the CAC Office on Aging at 865-524-2786. ■

*This project was supported by Award No. 35494 awarded by the Office for Victims of Crime, Office of Justice Programs, U.S. Department of Justice through the Tennessee Office of Criminal Justice Programs.*


## JANUARY 2021 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>CENTER CLOSED</b> 
4	5	6	7	8
8:30 Blood Sugar Checks 8:30 Senior Advanced Cardio 9:30 Blood Pressure Checks 10:00 SAIL Exercise 1:30 Intermediate Line Dancing	10:00 Beg. Arthritis Exercise 11:00 Adv. Arthritis Exercise	8:30 Senior Advanced Cardio 10:00 SAIL Exercise 1:30 Beginner Line Dance  VIRTUAL: Line Dancing Video on Facebook	10:00 Beg. Arthritis Exercise 11:00 Adv. Arthritis Exercise  VIRTUAL: 2:00 Facebook Live Bingo	9:00 Wood Carving 10:00 SAIL Exercise 11:00 Book & Puzzle Table Available Outside 12:30 Fun Film
11	12	13	14	15
8:30 Blood Sugar Checks 8:30 Senior Advanced Cardio 9:30 Blood Pressure Checks 10:00 SAIL Exercise 1:30 Intermediate Line Dancing	10:00 Beg. Arthritis Exercise 11:00 Adv. Arthritis Exercise	8:30 Senior Advanced Cardio 10:00 SAIL Exercise 1:30 Beginner Line Dance  VIRTUAL: Line Dancing Video on Facebook	10:00 Beg. Arthritis Exercise 11:00 Adv. Arthritis Exercise  VIRTUAL: 2:00 Facebook Live Bingo	9:00 Wood Carving 10:00 SAIL Exercise 11:00 Book & Puzzle Table Available Outside 12:30 Fun Film
18	19	20	21	22
 <b>CENTER CLOSED</b>	10:00 Beg. Arthritis Exercise 11:00 Adv. Arthritis Exercise	8:30 Senior Advanced Cardio 10:00 SAIL Exercise 1:30 Beginner Line Dance  VIRTUAL: Line Dancing Video on Facebook	10:00 Beg. Arthritis Exercise 11:00 Adv. Arthritis Exercise  VIRTUAL: 2:00 Facebook Live Bingo	9:00 Wood Carving 10:00 SAIL Exercise 11:00 Book & Puzzle Table Available Outside 12:30 Fun Film
25	26	27	28	29
8:30 Blood Sugar Checks 8:30 Senior Advanced Cardio 9:30 Blood Pressure Checks 10:00 SAIL Exercise 1:30 Intermediate Line Dancing	10:00 Beg. Arthritis Exercise 11:00 Adv. Arthritis Exercise	8:30 Senior Advanced Cardio 10:00 SAIL Exercise 1:30 Beginner Line Dance  VIRTUAL: Line Dancing Video on Facebook	10:00 Beg. Arthritis Exercise 11:00 Adv. Arthritis Exercise  VIRTUAL: 2:00 Facebook Live Bingo	9:00 Wood Carving 10:00 SAIL Exercise 11:00 Book & Puzzle Table Available Outside 12:30 Fun Film



Follow us on [facebook.com/oconnorseniorcenter](https://www.facebook.com/oconnorseniorcenter) for any additional announcements and virtual activities!

FEBRUARY 2021 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>8:30 Blood Sugar Checks 8:30 Senior Advanced Cardio 9:30 Blood Pressure Checks 10:00 SAIL Exercise 1:30 Intermediate Line Dancing</p>	<p>2</p> <p>10:00 Beg. Arthritis Exercise 11:00 Adv. Arthritis Exercise</p>	<p>3</p> <p>8:30 Senior Advanced Cardio 10:00 SAIL Exercise 1:30 Beginner Line Dance</p> <p>VIRTUAL: Line Dancing Video on Facebook</p>	<p>4</p> <p>10:00 Beg. Arthritis Exercise 11:00 Adv. Arthritis Exercise</p> <p>VIRTUAL: 2:00 Facebook Live Bingo</p>	<p>5</p> <p>9:00 Wood Carving 10:00 SAIL Exercise 11:00 Book &amp; Puzzle Table Available Outside 12:30 Fun Film</p>
<p>8</p> <p>8:30 Blood Sugar Checks 8:30 Senior Advanced Cardio 9:30 Blood Pressure Checks 10:00 SAIL Exercise 1:30 Intermediate Line Dancing</p>	<p>9</p> <p>10:00 Beg. Arthritis Exercise 11:00 Adv. Arthritis Exercise</p>	<p>10</p> <p>8:30 Senior Advanced Cardio 10:00 SAIL Exercise 1:30 Beginner Line Dance</p> <p>VIRTUAL: Line Dancing Video on Facebook</p>	<p>11</p> <p>10:00 Beg. Arthritis Exercise 11:00 Adv. Arthritis Exercise</p> <p>VIRTUAL: 2:00 Facebook Live Bingo</p>	<p>12</p> <p>9:00 Wood Carving 10:00 SAIL Exercise 11:00 Book &amp; Puzzle Table Available Outside 12:30 Fun Film</p>
<p><b>CENTER CLOSED</b> 15</p> 	<p>16</p> <p>10:00 Beg. Arthritis Exercise 11:00 Adv. Arthritis Exercise</p>	<p>17</p> <p>8:30 Senior Advanced Cardio 10:00 SAIL Exercise 1:30 Beginner Line Dance</p> <p>VIRTUAL: Line Dancing Video on Facebook</p>	<p>18</p> <p>10:00 Beg. Arthritis Exercise 11:00 Adv. Arthritis Exercise</p> <p>VIRTUAL: 2:00 Facebook Live Bingo</p>	<p>19</p> <p>9:00 Wood Carving 10:00 SAIL Exercise 11:00 Book &amp; Puzzle Table Available Outside 12:30 Fun Film</p>
<p>22</p> <p>8:30 Blood Sugar Checks 8:30 Senior Advanced Cardio 9:30 Blood Pressure Checks 10:00 SAIL Exercise 1:30 Intermediate Line Dancing</p>	<p>23</p> <p>10:00 Beg. Arthritis Exercise 11:00 Adv. Arthritis Exercise</p>	<p>24</p> <p>8:30 Senior Advanced Cardio 10:00 SAIL Exercise 1:30 Beginner Line Dance</p> <p>VIRTUAL: Line Dancing Video on Facebook</p>	<p>25</p> <p>10:00 Beg. Arthritis Exercise 11:00 Adv. Arthritis Exercise</p> <p>VIRTUAL: 2:00 Facebook Live Bingo</p>	<p>26</p> <p>9:00 Wood Carving 10:00 SAIL Exercise 11:00 Book &amp; Puzzle Table Available Outside 12:30 Fun Film</p>

**PLEASE NOTE:**

The O'Connor Center is partially open for select programming.

Participation for indoor programs will be limited. Call ahead to reserve your spot!

865-523-1135

## O'CONNOR CENTER SCHEDULE - JANUARY/FEBRUARY

*The O'Connor Senior Center is partially open for select programming. Participation for indoor programs will be limited. Call the morning of an event to reserve your spot!*

While in the facility, staff and guests will be required to have their temperature checked upon entry and wear a face mask during their stay. Please remember to check your temperature before leaving your home and wear your mask to protect those around you. If you are experiencing any symptoms of sickness, please stay home. We would love to have you participate when you have been cleared by your physician. Keep in mind that outdoor and car park programming is weather dependent. Call the Center at 865-523-1135 for confirmation that programs will be meeting and follow us on facebook.com/oconnorseniorcenter for any additional announcements and virtual activities!

**Staff will not be in the office on the following dates:**

**Thursday & Friday, December 24 & 25 for Christmas**

**Friday, January 1 for New Year's Day**

**\*\*PARTICIPANTS MUST CALL AHEAD AT 865-523-1135 TO RESERVE A PLACE FOR PROGRAMS. PARTICIPATION WILL BE LIMITED.\*\***

### RECREATION

**Knitting & Crocheting:** Peer instruction available for beginners.

**Virtual Bingo:** Live virtual bingo every Thursday at 2 pm on Facebook Live! This is fun for everyone and we will be giving out prizes for the winners.

**Wood Carving:** Peer instruction available for beginners.

### HEALTH SCREENINGS

**Blood Sugar Checks:** Mondays, 8:30 am, \$1.50. A 12-hour fast is recommended to insure a correct reading.

**Blood Pressure Checks:** Mondays, 9:30 am-10:30 am. No need to even get out of your car!

### PHYSICAL FITNESS

**Exercise:** Arthritis Foundation: The Basic Class offers seated exercise with limited physical exertion and is \$1/class. Advanced Class has good physical exertion and is \$2/class. In addition to exercise, the O'Connor Friendly Nurse insures the class meets your daily requirement of fun and fellowship.

**Line Dancing:** Intermediate and Beginner Line Dancing in our auditorium. Call in advance to RSVP!

**Virtual Line Dancing:** New videos posted to Facebook every Wednesday. There are several videos on our Facebook that you can re-watch until you are a pro!

## OOA PROGRAM CONTRIBUTORS

The Office on Aging appreciates all who give so generously to its programs. Your contributions make a difference. The following individuals and organizations gave in October and November 2020.

### Emergency Fund for Seniors

Anonymous

### Grandparents as Parents

Anonymous (2)

Tracy Bock

Gail Brabson

Trish Cremeans

Pete Garza

Theodore Kern, Attorney-at-Law

Nikki Lynn

William & Violet Martin

Doris McGaha

Libby Prater

Tracy & Dwight Van de Vate

Katie Young

Cokesbury Church

GreenStalk Gardens

### Mobile Meals

Marcee Mathews

### Office on Aging

Messiah Evangelical

Lutheran Church

### O'Connor Senior Center

Robert & Kathy Gant

Michael & Joyce Holloway

Knox South Basketball

Officials

Robert & Renee O'Connor in

memory of Charlie & Jeanne

O'Connor and Herb & Lib

Kidd

Robert & Elizabeth Webber

### Knox PAWS

Anonymous (2)

Ellen Adcock & Jim Warchol

Alice Allen

Carolyn Blair

Laurie Houston

Peter & Fawn Landrum

William & Violet Martin

Harry McLeod

Nancy Noble

Stephen Oliver

Suzanne Sawusch

Jordan Saladino & Laura

Sehult

Ed Shouse

Patricia Woods

Janice Zartman

IREM East Tennessee

Chapter No. 57

Northside Christian Church

Tau Master Chapter of Beta

Sigma Phi

*In Honor of and Memory of Celeste Watson and Jim Watson*

Anonymous

*In Memory of Lucille*

*Millspaugh*

Anonymous

*In Memory of Max, Sophie,*

*Cleo, MeeGo, Riley & SamBear*

*Randolph*

Anonymous

### Senior Companion Program

*In Honor of and Memory of*

*Celeste Watson and Mary Fulton*

Anonymous

### Senior Employment Program

Marcee Mathews

### Volunteer Assisted Transportation

*In Honor of and Memory of*

*Celeste Watson and Mary*

*Fulton*

Anonymous



## SENIOR NUTRITION PROGRAM SPONSORS

In Mobile Meals' Adopt-A-Senior program, you can provide Mobile Meals for a month, or more, for a homebound senior citizen for \$74 a month. Your contribution will be recognized in this list in the next newsletter issue following your donation. For information about Adopt A Senior, call the Senior Nutrition Program, 865-524-2786. The following people and organizations contributed to Mobile Meals in October and November 2020.

Anonymous (35)  
Alice Allen  
Diana Amann  
Bob Andres  
Jarrod Arellano  
Viola Barnes  
Connie Beckler  
Kimberly Black  
Ken and Kaye Brock  
Joyce Brown  
Marcus Bumgarner  
Andrea Charlton  
Dawn Childress  
Gary Cooper  
Robert Cox  
William Dixson  
Michelle Doka  
Maryellen Duckett  
Janet Francis  
Rodney Frederick  
Bettye Giles  
Anna Goodman  
Joseph Gouffon  
Dawna Gray  
Brad Guilford  
Russell & Margaret Harris  
Randall & Linda Hartwig  
Donald Johnson  
Robert Kemp  
Jeanne Kidd  
Jo Learn  
Susan Long  
Tammy Loveday  
Debbie Lowe  
Jeanie Matthews  
David McCormick  
Ruth McLeod  
Walter & Betty McMillan  
Devi Mehta  
Malcolm Musick  
Darold Nelson  
Gerald Perlman  
Gloria Price  
Norman Queener  
Ronda Rowe  
Bonnie Schulert  
Jason Scott  
Sally Sisk  
John & Beth Smith  
Kimberly Taylor  
Gerald Thornton  
Linda Townsend  
Sara Wallace  
David & Carolyn Wells  
Jo White  
Linda Williams  
William Wilson  
Cheri Worthington  
Colonial Heights United  
Methodist Church J. Ray  
Stuart Sunday School  
Class

Smithwood Baptist Church  
Joy Class

### Senior Nutrition Program In Memory or Honor

*In Memory of Peggy Bradbury*  
Dennis Bradbury  
*In Memory of Martha Alderson Brichetto*  
Joanna Brichetto  
*In Memory of Martha Brichetto*  
Robert Jackson Brown III  
*In Memory of Martha Alderson Brichetto*  
Central Baptist Church of Bearden  
*In Memory of Martha Alderson Brichetto*  
Central Baptist Church of Bearden Adult 6A  
*In Memory of Martha Brichetto*  
James Eaton  
*In Memory of Martha Brichetto*  
Robert Felton  
*In Memory of Martha Alderson Brichetto*  
Regina Sanders  
*In Memory of Martha Brichetto*  
Jennifer Sproul English & Melissa Sproul-Singh  
*In Memory of Jim Delap and Henry*  
Ann W. Delap  
*In Memory of Ronald Garland*  
Anonymous  
*In Honor of Perry Gouge's birthday*  
Anonymous  
*In Memory of Maxine Heiser*  
Mildred & Fred Braden, Sr  
*In Memory of Maxine Heiser*  
Donald & Virginia Cannon  
*In Memory of Ruby Heiser*  
Maryellen Duckett  
*In Memory of Maxine Heiser*  
Sam & S. Faustine Heiser  
*In Memory of Ruby Maxine Heiser*  
Steve & Darlene Heiser and children  
*In Memory of Ruby Maxine Heiser*  
Lilian & Miles Nagaoka  
*In Memory of Maxine Heiser*  
Coy & Mary Sharp

*In Honor of Margaret Herron*  
Lisa Nichols  
*In Honor of Joseph Julian Jimenez for his service in WWII and the Korean War*  
David Roland  
*In Memory of My grandparents*  
Mary Woody  
*In Honor of Carolyn Norris*  
Shandie C N Howell  
*In Honor of Johnnie Patty Deborah Daniels*  
*In Memory of Patrick Perkins*  
Linda Kutsbos  
*In Memory of Robert Schutt*  
Joanne Schutt  
*In Memory of Anne White Scroggs*  
Lauren Johns  
*In Memory of Anne White Scroggs*  
Arthur Stock  
*In Memory of Barbara Stiles*  
Bookwalter United Methodist Church  
*In Memory of Barbara Stiles*  
James Price & Pamela Witt  
*In Honor of Charles Stiles and Memory of Barbara West Stiles*  
Jean Farmer  
*In Honor of Carol Taylor*  
Anonymous  
*In Honor of the hard-working Mobile Meals employees*  
Anonymous  
*In Memory of Mrs. Mary Waldroup*  
Anonymous  
*In Memory of Mary Higgins Waldroup*  
Mark Barnes  
*In Memory of Mary Waldroup*  
Margaret Chadwick  
*In Memory of Mary Waldroup*  
Anne Sneed  
*In Memory of Charles and Joyce Worthington*  
Cheri Worthington

**Adopt A Senior Program**  
Anonymous (43)  
Barbara Abner  
Dr. Joel Anderson

Jill Armstrong  
Kandice Bewley Baker  
Midori Barstow  
Ivan Beltz  
Larry & Patsy Bohanan  
Tom and Linda Bolen  
James & Nancy Bolon  
Hope Boyd  
Barbara Butler  
John M. Cooper  
Marilyn Davidson  
Suzanne Daws  
Rebekkah Epperson  
Jennifer D Evans  
Ann Gehin  
Scott & Sue Gibson  
Philip & Nancy Guertin  
Mike & Jo Ann Guidry  
Prabha Gupta  
Jack & Lisa Heck  
J Fred Heitman  
Richard & Carol Helsel  
Walter & Jody Henderson  
Ruben & Arlene Hernandez  
Stephen Hillenbrand  
Laura Hobbs  
Jeff and Peggy Hodgson  
David & Janice Ishee  
Sarah Keith  
Doug Kose  
Alan & Nan Krichinsky  
Katherine Latimer  
Joan Leifheit  
William & Violet Martin  
Lynn & Frances Morehous  
Family Charitable Fund  
Laura-Eve Moss  
John & Janet Mullins  
Barbara Neeley  
Doug Nichols  
Paul & Deb Noe  
Helen Roehl O'Connor  
Richard L. Pace  
Lewis M. Patterson  
Marie V Perelman  
Lloyd & Judy Pitney  
John & Susan Randolph  
R.F. and Joan Register  
Lavon & Darlene Rickard  
Charles Slater  
Gordon Stanley  
Darrell & Deena Trimble  
Larry & Chris Warren  
Gary & Patti West  
Angela White  
Elizabeth Wieselquist  
Beaver Creek Cumberland Presbyterian Church  
Searcher Sunday School  
Coca-Cola Consolidated  
Democratic Women of Knoxville

Erin Presbyterian Church  
Farragut Presbyterian Church Outreach Committee  
Lake Hills Presbyterian Church  
Mount Olive Baptist Church Eagles Sunday School Class  
St. Elizabeth's Episcopal Church

### Adopt A Senior Program In Memory or Honor

*In Honor of all the hard-working Mobile Meals staff and volunteers*  
Anonymous  
*In Memory of Carolyn J. Baird*  
Anonymous  
*In Honor of Aggie (Mrs. Thomas Bell) Bell*  
Mary M Farmer  
*In Honor of Gabrielle Blake*  
Monica Franklin  
*In Memory of Martha Alderson Brichetto*  
Anonymous  
*In Memory of Martha Alderson Brichetto*  
Jean & Maria Brichetto  
*In Memory of Martha Brichetto*  
Jean Morgan  
*In Memory of Martha Brichetto*  
Melissa Read  
*In Memory of Samuel Dalton*  
Deborah Lamb  
*In Honor of Marinell Edwards*  
Anonymous  
*In Memory of my mother Dorothy Frost and my daddy Paul Frost*  
Catherine Cooper  
*In Memory of Ruby Maxine Heiser*  
La Femme Concierge, Inc.  
*In Honor of Midge Jessiman*  
Mary Woody  
*In Memory of Irma Keith*  
Phil & Fran Keith  
*In Honor of & memory of Ralph & Dot Merrell*  
Ron & Margie Collins  
*In Memory of my beloved father*  
Anonymous  
*In Honor of My Mother*

Anonymous  
*In Honor of Janice Noe*  
Tyra Noe & Johnny Gallion  
*In Memory of Anne White Scroggs*  
Barbara Cobble  
*In Honor of Anne & Bob Scroggs*  
Lisa White  
*In Honor of Anne & Bob Scroggs*  
R Kreis White  
*In Memory of Barbara Stiles*  
Anonymous  
*In Memory of Mrs. Barbara Stiles*  
A Earl & Eva Ladd  
*In Memory of my wife Frances Swatzell and in honor of First United Methodist Church*  
James Swatzell  
*In Honor of David and Christina Trentham*  
Aaron and Gabrielle Blake  
*In Memory of Patty Walden*  
Donald & Sharon White  
*In Memory of Mary W. Waldroup*  
Robin Frawley  
*In Memory of Mary Waldroup*  
Michele Stucker  
*In Memory of Eleanore Walton*  
Anonymous  
*In Honor of & Memory of Celeste Watson and Ruth Fulton*  
Anonymous  
*In Memory of Lucille Wolff & Dee Cooper*  
Lynsey Young  
*In Memory of Bill & Ray Wright and Jack & Tess Boyd*  
Gary & Joan Boyd

### One Senior for One Year

Cathy DuPre  
Mark Long  
Doug Nichols  
All Saints Catholic Church  
Appalachia Business Communications  
East Tennessee Chapter IFMA  
East Tennessee Foundation  
Packard Fund

### One Senior for One Year In Memory or Honor

*In Memory of Barbara Monty and Honor of Summer C-N Student Abigail Wilson*  
Susan Brantley

*In Honor of Mr. & Mrs. Bill Arant, Mrs. J. S. Bell, Mr. & Mrs. Harold Bell, Dr. Mrs. Sumner Bell, Dr. & Mrs. Sam Bills, Mrs. Richard Bowen, Mrs. Glenn Bullock, Ms. Kim Cochran, Mr. & Mrs. Jim Haslam, II, Mr. & Mrs. Gene Koonce, Mrs. Gerry LeVan, Mr. & Mrs. Tom Midyett, Mrs. Sis Mitchell, Mrs. Frank Myers, Mr. & Mrs. Bob Page, Mr. & Mrs. Bob Patterson, Mrs. Gerry Peagler, Mr. & Mrs. Ed Pershing, Mr. & Mrs. Joe Pryse, Mr. & Mrs. David Reynolds, Ms. Rachel Smith, Mrs. Harry Stowers, Mrs. Frank Tucker, Mr. & Mrs. Don Vowell, Mrs. Vickie Welch, Mrs. Ben Williamson, Mrs. Tom Wynegar*  
Mrs. Aggie Bell

### One Senior for Two Years

Nancy Gnilka  
Robert & Nancy Hydzik

### One Senior for Two Years In Memory or Honor

*In Memory of Ms. Josephine Scott & Cindy Cassity*

### One Senior for Three Years

Douglas & Jeanette Ramey

### Fifteen Seniors for One Year

Paddison Charitable Foundation

### Twenty-Eight Seniors for One Year

Will J Pugh for the Mr. and Mrs. Wallace Casnelli Memorial Fund from East Tennessee Foundation

# 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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JANUARY/FEBRUARY 2021

## ELDER NEWS & VIEWS

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# PREVENTING CARDIOVASCULAR DISEASE

## COUNCIL ON AGING PROGRAM

Heart disease is the most frequent condition in older adults and the number one cause of death. Heart failure, coronary artery disease, and atrial fibrillation are common reasons for health visits and hospital stays. Though heart disease

February 11, 2021 • 2:30 pm

This program will be held online.  
Find the link at [knoxseniors.org](http://knoxseniors.org).

Tracey K. Vitori PhD, RN, ACNP-BC

risks increase with age, it doesn't have to be an inevitable part of getting older. Join us as Dr. Tracey Vitori of UT College of Nursing explains how the right heart-healthy habits can help protect you.

Dr. Tracey Vitori is an Assistant Professor in the College of Nursing at The University of Tennessee. She earned a Doctor of Philosophy Degree in nursing from The University of Kentucky, Lexington, a Master's Degree in Science from Wright State University, Dayton Ohio, a Master's

Degree in Nursing Science from The University of Cincinnati, and a Master's Degree in Education from Xavier University. Tracey was a Scholar with the Rich Heart Scientist in Kentucky from 2012-2016 during which time she focused on psychological distress in patients living with cardiovascular disease. She collaborates with local and national researchers to advance scientific knowledge in the field of improving post-cardiac surgery outcomes, including collaborators at Mercy Health-Anderson Campus in Cincinnati, Ohio.

### Meeting Information

Join by phone at 1-844-621-3956 (Access code 132 069 5576) or go to [knoxseniors.org](http://knoxseniors.org) to join the meeting virtually.

**Questions? Call us at 865-524-2786. ■**

