

# ELDER NEWS

MARCH/APRIL 2021

# VIEWS

OFFICE ON AGING  
KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

## PERSONAL EMERGENCY RESPONSE SYSTEM AVAILABLE THROUGH THE OFFICE ON AGING

The Office on Aging is partnering with VRI, Inc. to provide Personal Emergency Response Systems to seniors at a discount. VRI offers an emergency button



device that can call for help when you need it the most. Whether it's a friend, neighbor, or medical attention, VRI will connect you with someone who can help. For more information, call Melinda Bryant at 865-524-2786. ■



## SNAP PROVIDES BENEFITS FOR HEALTHY LIVING

The Supplemental Nutrition Assistance Program (SNAP) provides extra money to reduce your monthly food costs. Seniors who are struggling to buy healthy food should call the SNAP Outreach Program at the Office on Aging to see if they qualify for the program.

Spring is on the way and the local farmer's markets will be brimming with fresh and healthy fruit

and vegetables that can be purchased with SNAP benefits. You can double your buying power through the Double Up program when you use SNAP at participating Farmer's Markets. Did you know that you can purchase fruit and vegetable-bearing plants with SNAP so you can grow your own food?

Watch for Nourish Knoxville's Farmer's Market Guide to be published in April 2021. It is a wonderful resource for finding all of the local farmers and food producers, several of which accept SNAP.

Call the SNAP Outreach Program today to find out if you qualify for this valuable program that helps seniors stay healthy and nourished. Call Alice Allen at 865-524-2786. ■



## P.A.N.E. PROGRAM COMBATS ELDER ABUSE

Preventing Abuse, Neglect, and Exploitation (PANE) is a program specifically designed to prevent and combat elder abuse occurring within nursing facilities across Knox County. The program provides an evidence-based training curriculum surrounding elder abuse and its effects to all nursing facility staff within Knox County, as well as providing direct case-management services to residents who may be victims of abuse and those who may be at risk for victimization. The case management services offered through this program include safety planning, assistance with obtaining an Order of Protection or Restraining Order, law enforcement accompaniment and support, individual and group therapy, and psychoeducation surrounding elder abuse and the effects it can have on a victim.

There is a great need for this program as the rate of elder abuse cases in Knox County has increased steadily in the last several years. Between 2015 and 2017, there was a 35% increase in reported elder abuse cases throughout Knox County. Additionally, it is estimated that 1 in 4 vulnerable older adults are at risk for abuse, with occurrences of abuse, neglect, and exploitation occurring in 1 out of every 3 nursing facilities nationwide.

With this program in place, our goal is to improve the overall quality of care for nursing home residents, as well as supporting nursing facility staff to improve the ratings of all facilities. At this point of the program, we have partnered with three facilities to commence the implementation of the PANE training curriculum and will provide case management services to nursing homes residents of all facilities in Knox County. Nursing home residents may be referred to the PANE program by nursing home staff, family and friends of the resident, or by calling the Office on Aging at (865) 524-2786. ■

# PANCAKE FEST & SENIOR EXPO

It's time for O'Connor's Annual Pancake Fest! While we all miss being able to sit together and enjoy a good breakfast, we are doing what we can to preserve our annual fundraiser. We hope you will join us for curbside pick-up of pancakes and sausage.

**\$5 • Friday, April 16  
8 am – 12 noon  
O'Connor Senior Center**

We will also host a Senior Expo Drive-Thru during Pancake Fest, where many vendors and service providers will be on hand to give out goodies, provide valuable information, and answer your questions.

**Please note: Pancake Fest and Senior Expo attendees are asked to REMAIN in their cars and wear a mask when interacting with staff or vendors.**

For registration and updated information, visit [knoxseniors.org/oconnor](http://knoxseniors.org/oconnor). ■

## JOIN CODI AND MAKE YOUR VOICE HEARD

The Mayor's Council on Disability Issues (CODI) was founded in 1984 to serve as an advisory council to the City of Knoxville on disability related programs and policies and regularly provides information to the City on concerns within the disability and senior communities.

Please come join us! Whether you're an individual with a disability, family member, business owner, or employer of individuals with disabilities, we want to hear YOUR voice and learn more about what's happening in our community surrounding disability-related topics. All meetings are open to the public!



We're also accepting new nominations to serve on CODI from now until March 8, 2021 and encourage you to apply by filling out the nomination form on our website or emailing us for a nomination form. Members are appointed by the Mayor and approved by City Council. Member terms are for three years, and members may serve up to two consecutive terms.

Regular CODI meetings are typically held at 4 p.m. on the second Wednesday of each month, in the City County Building's Small Assembly Room, however due to social distancing, we have been meeting via Zoom. To confirm the location of our meetings, please visit the CODI website.

There are several ways to get in touch with us to attend a meeting or to find out more about what we do. For more information, please visit us at [KnoxvilleTN.gov/CODI](http://KnoxvilleTN.gov/CODI) or [FaceBook.com/CityofKnoxvilleCODI](https://www.facebook.com/CityofKnoxvilleCODI). To nominate someone for CODI membership, or attend a Zoom meeting please email [MByrne@KnoxvilleTN.gov](mailto:MByrne@KnoxvilleTN.gov), or call 865-215-2423 for details. ■

## MENTAL HEALTH MATTERS: DEPRESSION & ANXIETY IN OLDER ADULTS

Anxiety is a common illness among older adults, affecting as many as 10-20 percent of the older population, though it is often undiagnosed. Over the past year, depression and anxiety have been at an all-time high for just about everyone. Yet, the social stigma around mental illnesses presents a serious barrier, not only to diagnosis and treatment

but also to acceptance in the community. Join us as Dr. Carole Myers gives practical tips to seniors who may be experiencing feelings of anxiety and depression.



Dr. Carole Myers

Carole Myers, PhD, RN, FAAN is a Professor in the University of Tennessee College of Nursing. Myers is the creator and co-host of HealthConnections, a bi-weekly radio show featured on WUOT-FM, the Knoxville National Public Radio affiliate. HealthConnections focuses on issues related to people, health, and policy.

Go to [knoxseniors.org](http://knoxseniors.org) and click the blue Council on Aging tab for the meeting link.

**Council on Aging Program  
Thursday, March 11 • 2:30 pm  
Virtual Meeting  
online at [knoxseniors.org](http://knoxseniors.org)**

You can also join by phone

1-844-621-3956 United States Toll Free

Access code: 132 069 5576 ■

## SENIORS BENEFIT FROM COMCAST NBCUNIVERSAL GRANT

The Office on Aging has received a generous grant from Comcast NBCUniversal to provide support for the Digital Inclusion for Seniors program. The grant will provide digital training for 100 older adults over the course of twelve months. If you are interested in learning more about the Digital Inclusion class, contact the Senior Community Service Employment Program at (865) 524-2786.

# SNOWFLAKE BALL 2021 – THE SHOW MUST GO ON!

In the age of technology, anything is possible! Including hosting the 2021 Snowflake Ball - virtually! This annual event supporting the Senior Companion Program was hosted by our emcee Dino Cartwright. The virtual celebration included musical performance by local artists, showcased event sponsors, and highlighted the impact of the senior companion program in the lives of our older adults.

Our heartfelt appreciation goes out to the Senior Companion Advisory Council Members (view full list at [Knoxseniors.org](http://Knoxseniors.org)). Their dedication to the seniors of Knox County, creativity, and perseverance made the virtual celebration possible. We would also like to thank our event sponsors, who contributed their resources, networking support, and encouragement as we worked through the pandemic challenges. ■

## Special thanks to our 2021 Royal Sponsors



### Crown Sponsors

Home Federal Bank • Avenir Senior Living • All Ways Caring Homecare  
 Trinity Hills • Smoky Mountain Hospice • Avalon Hospice • J.P. Mackay  
 with Edward Jones • Manorhouse Assisted Living • Hillcrest Healthcare  
 Pointe at Lifespring and Knox High Senior Living • Amada Senior Living  
 Elder Law of East TN • East TN Pharmacy Services  
 Caris Healthcare Knoxville • Northshore Heights Assisted Living

### Special thanks to our Silent Auction donors!

Finally, we would like to thank our Senior Companion Chair Gabrielle Blake, Vice-Chair Shana Robertson, Silent Auction Committee Chair Joy Blair, and Special Projects Committee Chair Kim Olen for their countless hours of support. Event Audio Visual Credit: Jerry Archer.

# 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. Give Tracy Van de Vate or Anne Stokes a call to enroll today. 865-524-2786 ■

### NEW! Grandfamilies Together Evening Support Group Meeting • Thursday evenings at 7:00 pm (1 hour)

**March 25, 2021** | **April 22, 2021**  
 “Better Mental Health” | Intro to “Unstuck: Loss and Grief Recovery”

Meetings will be hosted on Zoom.  
 Call Tracy or Anne to receive the link.

### Grandfamilies Together Conference Calls Weekly on Tuesdays at 10:00 (30 minutes)

March 2, 9, 16, 23, 30 and April 6, 13, 20, 27  
 Call in: Toll Free 844-855-4444 or 978-990-5482  
 Access Code: 1460466#

# O’CONNOR NEEDS DONATIONS

The O’Connor Senior Center needs donations of prizes for virtual bingo! Games are played every Thursday at 2:00 pm on Facebook Live. Prizes could include, but are not limited to ...

- Puzzle books
- Personal hygiene items
- Snacks
- Craft kits
- Household items such as dish soap, paper towels, toilet paper, toothpaste, etc.
- Tumblers
- Gift cards
- Stamps
- Stationery items

Items can be dropped off at the O’Connor Center (611 Winona St.) any time Monday-Friday from 8:30 am-4:30 pm. Call ahead for curbside service: 865-523-1135 ■

# WINTER LONELINESS YOU'RE NOT ALONE



THE PANDEMIC HAS BEEN A CONSTANT  
REMINDER OF LOSS AND STRESS FOR ALL OF US.  
YOU ARE NOT ALONE.

**1 IN 3** AMERICANS  
45 & OLDER  
ARE SOCIALLY  
**ISOLATED**

THE HEALTH RISKS OF  
**PROLONGED ISOLATION**  
ARE EQUIVALENT TO SMOKING  
**15 CIGARETTES A DAY**

THERE IS **HOPE**.  
BUILD YOUR SOCIAL NETWORK &  
SUPPORT YOUR COMMUNITY!

ACCORDING TO AARP,  
**VOLUNTEERING**  
2 HOURS A WEEK  
**CAN MAKE THE DIFFERENCE**



FIGHT THE WINTER BLUES! CONTACT SAM TO FIND  
THE PERFECT VOLUNTEER OPPORTUNITY  
865-524-2786

## VOLUNTEER INCOME TAX ASSISTANCE OFFERS FREE TAX FILING

The Volunteer Income Tax Assistance (VITA) program at the CAC Ross Building began accepting calls for tax appointments on February 1, 2021. Taxes filed at the Ross Building will be by appointment only. There will be no walk-in or first-come, first served assistance. Clients will remain in their cars as VITA staff prepare their taxes inside the building. Due to the nature of the COVID pandemic and delays at the IRS, this information is subject to change. For the most current information, visit CAC VITA's website at [knoxcacvita.org](http://knoxcacvita.org) or call (865) 546-3500.

### ABOUT VITA

IRS Certified Volunteers provide free and confidential tax assistance through the Volunteer Income Tax Assistance (VITA) program for families and individuals with low-to-moderate annual income. VITA volunteers are IRS certified and will prepare basic tax forms such as the 1040. However, there are some forms that cannot be prepared by VITA. VITA will file back taxes from 2016 to present. VITA also helps with amended returns. VITA operates just like any professional tax preparation business. Since VITA is a certified, trained volunteer-based operation, they don't charge fees for their services. ■

**FOLLOW US ON FACEBOOK!**  
 **Knox.OOA**

## ELDER NEWS & VIEWS

**OFFICE ON AGING DIRECTOR**

Dottie Lyvers

**EDITOR**

Rachel Kraft

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[knoxooa@knoxseniors.org](mailto:knoxooa@knoxseniors.org) • [www.knoxseniors.org](http://www.knoxseniors.org)

## O'CONNOR CENTER SCHEDULE

In light of the Covid-19 cases in our area, the O'Connor Senior Center will continue virtual programming. We continue to offer essential services to our participants. The Center remains staffed to answer calls and provide services in the safest way possible. Our first priority is to ensure that our participants are safe.

**Meal Distribution** is every Friday from 11 am -12 pm. Meals are ordered in advance. If you would like information on receiving meals, please call the Center.

**Toenail Clipping, Blood Pressure Checks, and Glucose Checks** by appointment only.

**Virtual Bingo** on Facebook Live every Thursday at 2 pm est.

**Virtual Exercise** with Nurse Claudia on Tuesdays at 10 am. We will be streaming a 25-30 minute exercise class every Tuesday morning. Those interested can sign up via email at [info@oconnorcenter.org](mailto:info@oconnorcenter.org).

**Questions? Call the Center at 865-523-1135**

*Please note that this information is subject to change. Please call the Center to get the most current schedule. You can also follow O'Connor on Facebook to get the latest information.*

## COMING SOON! THE DUNCAN AWARDS

Knoxville-Knox County CAC Office on Aging's Senior Information & Referral

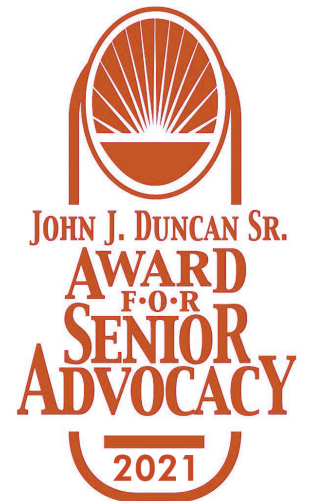
John J. Duncan Sr. Award for Senior Advocacy 2021

*Honoring*

**Vivian Underwood Shipe & Aaron Bradley**

*For the most current information and status of the event, please visit our website at [knoxseniors.org/scirs](http://knoxseniors.org/scirs) or call SIR at 865-546-6262.*

For planning updates and information, please follow us on Facebook [www.facebook.com/knox.ooa](http://www.facebook.com/knox.ooa) ■



## 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 December 2020 and January 2021.

### Emergency Fund for Seniors

Karen Collins

### Grandparents as Parents

Toni Bittner  
Gail Brabson  
Connie Cole  
Sharon Goans  
Charlotte Justice  
Nikki Lynn  
Patricia Newcomb  
Rebecca Newcomb  
Bridget O'Banion  
Leslie Reeves  
Kathy Rinaca  
Mark Shearin  
Tracy and Dwight Van de Vate  
Sara Mary Wallace  
Andy Williams  
Cokesbury Church  
Harley Owners Group  
Home Federal Bank  
Kendra Scott LLC  
MUSE Knoxville  
Walking Girls  
*In Honor of Tina Jones*  
Anonymous  
*In Honor of The Thomas Pickering Family*  
Wendy Russell

### Office on Aging

Paul & Glenda Houston  
Garry Hudson  
Cedar Springs  
Presbyterian Church

### Knox PAWS

Anonymous (5)  
S Tiffney Barry  
Kay T Bell  
Sue Beverly  
Ashley Bevins  
Mary Brig  
Kristina Burns  
Debra Calloway, DVM  
Deborah Chmiel  
Raquel Cruze  
Donna Ellstrom  
Kellye Galli  
Paul & Glenda Houston  
Gina Hundley  
Lisa Jones  
Angela Jones  
Brenda Kitts  
Sheryl Lambdin  
Peter & Fawn Landrum  
Crystal Larson  
Leslie Long  
Harry McLeod  
Paula Morrison  
Carolyn Norris  
Patricia O'Daniel  
Stephen Oliver  
Martha M Parker  
Kim Partridge  
Kaitlin Patterson  
Sherry Peake  
Andrea Pitts  
Michele Rhyne  
David & Patricia Sellers  
Laura Smith  
Lonas & Angela Stubbs  
Susie Sturgill  
Tony Teffeteller  
Kimberly L Trussell

Sabrina Walker  
Sam & Sarah  
Winnegrad  
Patricia Woods  
Robert & Melissa  
Wooldridge  
Akima Club, Inc  
Blue Ridge Yoga  
Fountain City United  
Methodist Church  
St Lukes UMC UMW  
Stoller & Yount Family  
Giving Fund  
Tazewell Pike Animal  
Clinic  
University Eye  
Specialists  
*In Honor of Cathy Barnes*  
Linda Clinger  
*In Honor of Shawn and Ashley Gienow*  
Nikki Lynn  
*In Honor of Kathy and Dennis Hayward*  
Linda Staton  
*In Honor of Wendy and David Hodge*  
Jana Hodge  
*In Memory of Sweet Matilda*  
Rachel Kraft  
*In Memory of Lucille Millspaugh*  
Anonymous  
*In Memory of Karen Plum*  
Angie Herzog  
*In Memory of R L Potts*

Laura Potts  
*In Memory of Max, Sophie, Cleo, MeeGo, Riley & SamBear Randolph*  
Anonymous  
*In Honor of Kirsten E. Self*  
Nancy Self  
*In Honor of The Physicians at University Eye Specialists*  
Kay T Bell  
*In Honor of The Physicians at University Eye Specialists*  
Gladys Dickenson  
*In Honor of The Physicians at University Eye Specialists*  
Vanessa Joy  
*In Honor of The Physicians at University Eye Specialists*  
Tana Kribbs  
*In Honor of The Physicians at University Eye Specialists*  
Rachel K McCammon  
*In Honor of The Physicians at University Eye Specialists*  
Paula Morrison  
*In Honor of The Physicians at University Eye Specialists*  
Lisa Pratt  
*In Honor of The Physicians at University*

*Eye Specialists*  
Katie Tinsley  
*In Honor of The Physicians at University Eye Specialists*  
Kimberly L Trussell  
*In Honor of The Physicians at University Eye Specialists*  
Sabrina Walker  
*In Honor of The Physicians at University Eye Specialists*  
Elizabeth L West  
*In Honor of The Physicians at University Eye Specialists*  
Savannah Leigh  
Whitehead  
*In Honor of Betsy Weintraub*  
Gabrielle Blake

### Senior Companion Program

Anonymous  
Patricia & Chance  
Adams  
Joel Anderson  
LaWanna Broderick  
Aaron Christner  
Amelea Everett  
Margaret Jessiman  
Aaron John  
Dennis Lowell  
Devi Mehta  
Laura Palenkas  
Andrew Scruggs  
Matthew Theriot

Barry G Whitson  
Caroline Brooks Wilder  
Joy Wilson  
Kelsey Wilson  
Mary Woody  
Always Best Care  
Amada Senior Care of Knoxville  
Kendra Scott LLC  
*In Honor of Ed Grubb*  
Joseph Grubb  
*In Honor of R G Harris*  
Kay Lorick  
*In Memory of Adam Schaible*  
Molly Hyatt  
*In Honor of Molly Yerger*  
Chris & Zarah Yerger

### Senior Angel Tree

Anonymous (7)  
Leslie Adair  
Kelly Boyce  
Patricia Breeding  
Kris Brinkmeier  
Linda Cable  
Patricia Centers  
Beverly Cockrum  
Tammy Devine  
Cheri Doane  
Jane & Larry Dudak  
Nancy Engle  
Patty Flack  
Cathy Foley  
Cynthia Foster  
Liz Fozo  
John Gambrell, Jr.  
Melinda Gilley  
Terri & Mike Harding

Joy Harris  
Diane Harrison  
Earl Henry  
Shelly Higgins  
Laura Holbert  
Kerry & Shandie Howell  
Jennifer Jenkins  
Jodi  
Janet Keck  
Shelby Kendall  
William & Lori Kilbey  
Lynne Liddington  
Michelle Magness  
Christine Mansoor  
Cherish Maples  
Maureen D McBride  
Donna McCullough  
Cyndi McLamb  
Jill Mikucki  
Carolyn Mitchell  
Jill Moore and the Patricia Neal Team  
Annetta Munger  
Heather Murphy  
Terri Needham  
Carolyn Norris  
Bridget O'Banion  
Jeffrey & Jo Dell Oaks  
Gayle Pierce  
Mary Alice Porter  
Kimberly Roberts & John Whitehead  
Regina Roberts  
Mary Ann Salsman  
Kelly Schlitz  
Glenna Shelton  
Pat Shireman  
Lynn Shuryan

Darsi Sirknen  
Peggy & Julie Skoglund  
Mary Smith  
Kate & Ed Sultan  
Brenda Tate  
Barbara Taylor  
Roy & Thelma Thomas  
Tracy Van de Vate  
Sara Mary Wallace  
Nancy Welch  
Jamie & Parker Wheeler  
The Knox County Jaycees  
Pagan Pride of East Tennessee  
*In Memory of Margie Curtis, my grandmother, a fierce advocate for seniors*  
Rachel Kraft  
*In Memory of Joyce Garren*  
Anonymous  
*In Honor of Michael Gibson*  
Anonymous  
*In Honor of Paul Young*  
Mike & Angela Burton

### Senior Information & Referral

Donna Ellstrom

## 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 December 2020 and January 2021.*

|                            |                          |                                       |   |   |  |   |   |                             |
|----------------------------|--------------------------|---------------------------------------|---|---|--|---|---|-----------------------------|
| Anonymous (57)             | Jack A Hammontree        | Hobert & Mary Ann                     | <i>In Memory of All who passed from COVID</i> | <i>In Honor of Janet Franklin</i>                       | <i>In Memory of Bobbie Manous</i>  | <i>Parents Hoyt &amp; Ruby Robinette</i>  | <i>In Honor of Tim Washington</i>                 | Christian                   |
| A. Abushaqra               | Jerelene Harber          | Perdue                                | Anonymous                                     | Vernon & Sharon   | Jeni Lynch   | The Robinette Family                      | Susan Loveday                                     | Doris & Homer Clayton       |
| Edward & Claudia Adams     | Ed Hardy                 | Gerald Perlman                        | <i>In Honor of All whom need help!</i>        | Wise  | <i>In Memory of Robert Marsh</i>   | <i>In Memory of Natalie Robinson</i>      | <i>In Honor of Ron &amp; Debbie Watkins</i>       | Alfred & Frances Coffman    |
| Carolyn Aguilar            | Marcella Hatch           | Peterson                              | Carruba Pools                                 | <i>In Honor of Diane Frazier</i>                        | Anonymous  | Anonymous                                 | Anonymous   | Edna Cole                   |
| Joan Aikens                | Diane Hayes              | Thaddus & Karen                       | <i>In Honor of Jane Armstrong</i>             | Janie Wendelken   | <i>In Honor of Joyce McAllister</i>  | <i>In Memory of Natalie Robinson</i>      | <i>In Memory of Jim West</i>                      | Leon & Nancy Cole           |
| Diana Amann                | Olivia Hecker            | Phillips                              | Vicky Gardner                                 | <i>In Honor of Vicky Gardner</i>                        | Dr. & Mrs. Reuben N Pelot III  | <i>In Memory of Natalie Robinson</i>      | Nancy West  | Bob & Louise Collier        |
| Bob Andres                 | Gale and Peggy Hedrick   | Robert & Sharon Pinkston              | Gean Popiela                                  | Elbert & Jane Armstrong                                 | <i>In Memory of John &amp; Gladys McCarter</i>   | Lynne Iser                                | <i>In Memory of Dorothy Whitehead</i>             | Karen Collins               |
| Claude Barnes              | Teresa Hill              | Gean Popiela                          | Larry Prater                                  | <i>In Honor of Barb &amp; Lamar Griffen</i>             | Carl & Sandra McCarter   | <i>In Memory of Natalie Robinson</i>      | Ann W Delap                                       | Darrell & Janet Cook        |
| Laurence & Marion Bayer    | Janis Holfield           | Harrold Preyer                        | Larry Prater                                  | <i>In Memory of Sue K Atchley</i>                       | Judy Clark   | David & Glenda Minkin                     | <i>In Honor of Audrey Williams</i>                | Elizabeth Cook              |
| John & Connie Begovich     | Sandra Holt              | James Price & Pamela Witt             | Harrold Preyer                                | Judy Clark  | <i>In Honor of Carl &amp; Reba Griffith</i>  | <i>In Memory of Natalie Robinson</i>      | Mary Beth Williams                                | Darrell & Janet Cook        |
| Curtis Bell                | Karyn Hudson             | Norman Queener                        | James Price & Pamela Witt                     | <i>In Memory of Margaret E. Ault and Ruby C. Nelson</i> | Rick & Sandra Chandler   | Shayna Pollock                            | <i>In Memory of Charles and Joyce Worthington</i> | Leo & Jo Ann Cooper         |
| Jeanne Bishop              | Jeffrey & Lynda Humphrey | Christoph Ramsey                      | Norman Queener                                | Rachel Nelson   | <i>In Honor of Lula Hawkins, my mother</i>   | Leslie Gordon                             | Cheri Worthington                                 | Greg & Janet Cope           |
| Sophie Bobrowski           | John & Ruth Hungerford   | John & Patricia Riblett               | Christoph Ramsey                              | <i>In Memory of B G Book Club</i>                       | Joan Whitt   | Michael Zoosm                             | <i>In Memory of Joseph Yardley</i>                | Donnie & Cindy Corum        |
| Patsy Bohanan              | Sandra Holt              | Gordon & Nancy Ridenour               | John & Patricia Riblett                       | Linda Holton  | McLaughlin   | <i>In Memory of Robert Schutt</i>         |   | Patrick & Charlsie Counts   |
| Lynn Boza                  | Karyn Hudson             | Patsy Romines                         | Gordon & Nancy Ridenour                       | <i>In Honor of Mrs. Aggie Bell</i>                      | Joel & Lisa Gate   | Joanne Schutt                             |   | Richard & Susan Cowan       |
| Vickie Brewer              | Jeffrey & Lynda Humphrey | Thomas & Christine Rowe               | Patsy Romines                                 | Mrs. Bennie Myers                                       | <i>In Honor of Meals on Wheels Volunteers</i>  | <i>In Honor of Casey Self</i>             |   | Jack Cox                    |
| Ken and Kaye Brock         | John & Ruth Hungerford   | Larry & Sandra Rudd                   | Thomas & Christine Rowe                       | <i>In Honor of Jane Bernhardt</i>                       | Mary Lee Trott   | Nancy Self                                |   | Stephen J Cox               |
| Mary Brock                 | Sandra Holt              | Robin Rumboldt                        | Janice Jardet                                 | Daniel & Michaeline Steinhoff                           | <i>In Memory of Mildred G. Miller</i>  | <i>In Honor of Deann Shults' Birthday</i> |   | Thomas & Andrea Coyne       |
| Joyce Brown                | Karyn Hudson             | James & Ann Shay                      | Everett & Patricia Johnson                    | <i>In Memory of Peggy Bradbury</i>                      | Thomas Miller  | Susie Ford                                |   | David & Clare Crawford      |
| James Bruce                | Jeffrey & Lynda Humphrey | E J & A Shepherd                      | Johnson                                       | Dennis Bradbury   | <i>In Memory of Mom &amp; Dad</i>  | Robert & Marketta Smiddy                  |   | Richard & Suzanne Croisdale |
| Judith Bruce               | John & Ruth Hungerford   | Edna Shepherd                         | Nicholas Johnson                              | <i>In Honor of Wilma and Charles Branner</i>            | Patty Maples   | Robert & Marketta Smiddy                  |   | Patrick Crowley             |
| Charlotte Budde            | Sandra Holt              | Sally Sisk                            | Josephine Jones                               | Regina Renfro   | <i>In Memory of Margaret Jessiman</i>  | Anonymous                                 |   | Kimberley Crumley           |
| Marcus Bumgarner           | Karyn Hudson             | John & Beth Smith                     | Robert Kemp                                   | <i>In Memory of Stella Collins</i>                      | Patsy Gouge  | Nancy Moore                               |   | Corbet & Cindi Curfman      |
| Phyllis Burns              | Jeffrey & Lynda Humphrey | Randolph Spencer                      | Robert Kemp                                   | Ronnie & Sharon Collins                                 | <i>In Honor of Joseph Julian Jimenez</i>   | <i>In Honor of John Moore</i>             |   | Charles Curtis              |
| Blake Byrd                 | John & Ruth Hungerford   | Paula Stafford                        | Almetor & Almeda King                         | Anonymous   | Anonymous  | Edward Taylor                             |   | Timothy Cutshaw             |
| Carol Campbell             | Sandra Holt              | Jennifer Stamm                        | Roger & Mary Ann Kisner                       | <i>In Memory of Eunie Cox, Mother</i>                   | Anonymous  | <i>In Memory of Mother</i>                |   | Dale & Sandy Davis          |
| Michael Campbell           | John & Ruth Hungerford   | Sean Stamps                           | Almetor & Almeda King                         | Ronal Cox   | <i>In Memory of Ruby Kashuske</i>  | Anonymous                                 |   | Eva Davis                   |
| Donald & Virginia Cannon   | Sandra Holt              | Anthony & Elaine Stratis              | Almetor & Almeda King                         | <i>In Honor of Angie Crabtree</i>                       | Harvey & Marilyn Liberman  | <i>In Memory of My Dad</i>                |   | Frank W Davis Jr            |
| Paula Carrell              | John & Ruth Hungerford   | Jay Strozier                          | Almetor & Almeda King                         | Anonymous   | <i>In Honor of Robert Levering</i>   | Jon Stube                                 |   | Michael & Ethel Day         |
| Daniel & Marie Carroll     | Sandra Holt              | Mary Stuart                           | Almetor & Almeda King                         | <i>In Honor of Thomas Cressler II</i>                   | John Patrick   | <i>In Memory of My Mother</i>             |   | Decks and More              |
| Martha Carroll             | John & Ruth Hungerford   | Nicole Taylor                         | Almetor & Almeda King                         | Edward Taylor   | <i>In Memory of Orvil Lewis, my dad</i>  | Anonymous                                 |   | Teresa Dempsey              |
| Rod Carson                 | Sandra Holt              | Martha Terrell                        | Almetor & Almeda King                         | <i>In Memory of Eunie Cox, Mother</i>                   | Teri Lewis-McCluskey   | <i>In Memory of My Mother</i>             |   | Rodney Devee                |
| Charles Cate               | John & Ruth Hungerford   | Wendy Thames                          | Almetor & Almeda King                         | <i>In Honor of Angie Crabtree</i>                       | Michelle Oniszko   | <i>In Memory of My Dad</i>                |   | Jack Draper                 |
| Virginia Chambers          | Sandra Holt              | William & Jo Ann Thomas               | Almetor & Almeda King                         | Anonymous   | <i>In Memory of Edna &amp; Robert Long</i>   | Jon Stube                                 |   | Don & Nancy Dunning         |
| Andrea Charlton            | John & Ruth Hungerford   | Linda Townsend                        | Almetor & Almeda King                         | <i>In Honor of Edward A. Davis</i>                      | Michelle Oniszko   | <i>In Memory of My Mother</i>             |   | Thomas Dyer                 |
| Hayley Choy                | Sandra Holt              | Charlotte Troutt                      | Almetor & Almeda King                         | Sue Carol Perry   | <i>In Memory of Edna &amp; Robert Long</i>   | <i>In Memory of My Mother</i>             |   | Ben & Catherine Edgington   |
| Dortha Sue Clark           | John & Ruth Hungerford   | Charlotte Troutt                      | Almetor & Almeda King                         | <i>In Memory of Richard Dettmering</i>                  | Michelle Oniszko   | <i>In Memory of My Mother</i>             |   | Charlie & Madeline Elder    |
| Sherman & Roberta Cook     | Sandra Holt              | Thomas Unga                           | Almetor & Almeda King                         | <i>In Memory of Aurelia Dickey</i>                      | <i>In Memory of Edna &amp; Robert Long</i>   | <i>In Memory of My Mother</i>             |   | Robert Ellison              |
| Joyce Coombs               | John & Ruth Hungerford   | Michael Unseren                       | Almetor & Almeda King                         | Philip & Margaret Dickey                                | Linda Hickman  | <i>In Memory of My Mother</i>             |   | Susie Ford                  |
| Gary Cooper                | Sandra Holt              | Margaret Walters                      | Almetor & Almeda King                         | <i>In Memory of Frank &amp; Charlotte Disney</i>        | <i>In Honor of Dan Lovell</i>  | <i>In Memory of My Mother</i>             |   | Gary & Dianne Forry         |
| Susan Crabtree             | John & Ruth Hungerford   | Charles Webster                       | Almetor & Almeda King                         | Anonymous   | Mr. & Mrs. James Lovell  | <i>In Memory of My Mother</i>             |   | Donald & Tammy Francis      |
| Kadia Crowley              | Sandra Holt              | Abigail Wegman                        | Almetor & Almeda King                         | <i>In Honor of Paul Dockery</i>                         | <i>In Honor of Dan Lovell's Birthday</i>   | <i>In Memory of My Mother</i>             |   | Michael & Suk Galloway      |
| Beverly Currence           | John & Ruth Hungerford   | Joan Weis                             | Almetor & Almeda King                         | Martha Grogan   | Faye McConnell   | <i>In Memory of My Mother</i>             |   | John & Carole Galyon        |
| Debbie Cutler              | Sandra Holt              | Hanno Weitering                       | Almetor & Almeda King                         | <i>In Honor of Darin &amp; Kathy Dolson</i>             | <i>In Honor of Casen Maddux</i>  | <i>In Memory of My Mother</i>             |   | Mark & Nan Gaylord          |
| Paul & Frances Daugherty   | John & Ruth Hungerford   | Shirley White                         | Almetor & Almeda King                         | Darin Dolson  | Frances Thompson   | <i>In Memory of My Mother</i>             |   | Ann Gehin                   |
| Rose-Mari Davis            | Sandra Holt              | Stephen & Tonya Whitt                 | Almetor & Almeda King                         | <i>In Memory of Thomas Gene Douglass</i>                | <i>In Memory of Mrs. Florence Mahaney, my grandmother who delivered Mobile Meals in Oswego, NY</i> | <i>In Memory of My Mother</i>             |   | Donna Genung                |
| Rodney Devee               | John & Ruth Hungerford   | Linda Williams                        | Almetor & Almeda King                         | Bonnie Peters   | <i>In Memory of Mrs. Florence Mahaney, my grandmother who delivered Mobile Meals in Oswego, NY</i> | <i>In Memory of My Mother</i>             |   | Mike & Judy Goodin          |
| William Dixson             | Sandra Holt              | Mary L Wilson                         | Almetor & Almeda King                         | <i>In Honor of Elaine Frank</i>                         | <i>In Memory of Mrs. Florence Mahaney, my grandmother who delivered Mobile Meals in Oswego, NY</i> | <i>In Memory of My Mother</i>             |   | Doris Gove                  |
| Jane Dudak                 | John & Ruth Hungerford   | Marshall Wolfe                        | Almetor & Almeda King                         | Jenny Stuart  | <i>In Memory of Mrs. Florence Mahaney, my grandmother who delivered Mobile Meals in Oswego, NY</i> | <i>In Memory of My Mother</i>             |   | James Gray                  |
| Alexander Dumas            | Sandra Holt              | Cheri Worthington                     | Almetor & Almeda King                         | <i>In Memory of Dorothy Franklin</i>                    | <i>In Memory of Mrs. Florence Mahaney, my grandmother who delivered Mobile Meals in Oswego, NY</i> | <i>In Memory of My Mother</i>             |   | Michael Gray                |
| Ann Effler                 | John & Ruth Hungerford   | Lavada Worthington                    | Almetor & Almeda King                         | Betty Franklin  | <i>In Memory of Mrs. Florence Mahaney, my grandmother who delivered Mobile Meals in Oswego, NY</i> | <i>In Memory of My Mother</i>             |   | Sarah Greeson               |
| Gary & Diane Ellis         | Sandra Holt              | Benjamin Wright                       | Almetor & Almeda King                         |   | <i>In Memory of Mrs. Florence Mahaney, my grandmother who delivered Mobile Meals in Oswego, NY</i> | <i>In Memory of My Mother</i>             |   | Joe Griffin                 |
| Shirley Ellis              | John & Ruth Hungerford   | Kenneth & Patricia Young              | Almetor & Almeda King                         |   | <i>In Memory of Mrs. Florence Mahaney, my grandmother who delivered Mobile Meals in Oswego, NY</i> | <i>In Memory of My Mother</i>             |   | Walter Griffin              |
| Joan Eschman               | Sandra Holt              | Anchor Fund                           | Almetor & Almeda King                         |   | <i>In Memory of Mrs. Florence Mahaney, my grandmother who delivered Mobile Meals in Oswego, NY</i> | <i>In Memory of My Mother</i>             |   | Philip & Nancy Guertin      |
| Carol Eubanks              | John & Ruth Hungerford   | Colonial Heights                      | Almetor & Almeda King                         |   | <i>In Memory of Mrs. Florence Mahaney, my grandmother who delivered Mobile Meals in Oswego, NY</i> | <i>In Memory of My Mother</i>             |   | Michael & Wanda Gunnell     |
| Bill & Vicki Evans         | Sandra Holt              | United Methodist Church J. Ray Stuart | Almetor & Almeda King                         |   | <i>In Memory of Mrs. Florence Mahaney, my grandmother who delivered Mobile Meals in Oswego, NY</i> | <i>In Memory of My Mother</i>             |   | Bruce C Hager               |
| Grace Favver               | John & Ruth Hungerford   | Sunday School Class                   | Almetor & Almeda King                         |   | <i>In Memory of Mrs. Florence Mahaney, my grandmother who delivered Mobile Meals in Oswego, NY</i> | <i>In Memory of My Mother</i>             |   | Lori Hakman                 |
| Jennifer Fehling           | Sandra Holt              | House of God Church                   | Almetor & Almeda King                         |   | <i>In Memory of Mrs. Florence Mahaney, my grandmother who delivered Mobile Meals in Oswego, NY</i> | <i>In Memory of My Mother</i>             |   | Richard & Beverley Hammond  |
| Mary Forbes                | John & Ruth Hungerford   | Keith Dominion                        | Almetor & Almeda King                         |   | <i>In Memory of Mrs. Florence Mahaney, my grandmother who delivered Mobile Meals in Oswego, NY</i> | <i>In Memory of My Mother</i>             |   | Dick & Beverly Hancock      |
| Matt Foster                | Sandra Holt              | Quality Home Health Senior Care       | Almetor & Almeda King                         |   | <i>In Memory of Mrs. Florence Mahaney, my grandmother who delivered Mobile Meals in Oswego, NY</i> | <i>In Memory of My Mother</i>             |   | Laura Haniford              |
| Cindy & Bob Fox            | John & Ruth Hungerford   | Rev It Up LLC                         | Almetor & Almeda King                         |   | <i>In Memory of Mrs. Florence Mahaney, my grandmother who delivered Mobile Meals in Oswego, NY</i> | <i>In Memory of My Mother</i>             |   | Tyrone & Monica Harris      |
| Lois Frady                 | Sandra Holt              |                                       | Almetor & Almeda King                         |   | <i>In Memory of Mrs. Florence Mahaney, my grandmother who delivered Mobile Meals in Oswego, NY</i> | <i>In Memory of My Mother</i>             |   | Walter & Mary Hearnes       |
| Ben Franklin               | John & Ruth Hungerford   |                                       | Almetor & Almeda King                         |   | <i>In Memory of Mrs. Florence Mahaney, my grandmother who delivered Mobile Meals in Oswego, NY</i> | <i>In Memory of My Mother</i>             |   | Fred Heitman                |
| Becki Garland              | Sandra Holt              |                                       | Almetor & Almeda King                         |   | <i>In Memory of Mrs. Florence Mahaney, my grandmother who delivered Mobile Meals in Oswego, NY</i> | <i>In Memory of My Mother</i>             |   | Walter & Jody Henderson     |
| Anna Goodman               | John & Ruth Hungerford   |                                       | Almetor & Almeda King                         |   | <i>In Memory of Mrs. Florence Mahaney, my grandmother who delivered Mobile Meals in Oswego, NY</i> | <i>In Memory of My Mother</i>             |   |                             |
| Steven & Stephanie Gossett | Sandra Holt              |                                       | Almetor & Almeda King                         |   | <i>In Memory of Mrs. Florence Mahaney, my grandmother who delivered Mobile Meals in Oswego, NY</i> | <i>In Memory of My Mother</i>             |   |                             |
| Ronald & Mary Graves       | John & Ruth Hungerford   |                                       | Almetor & Almeda King                         |   | <i>In Memory of Mrs. Florence Mahaney, my grandmother who delivered Mobile Meals in Oswego, NY</i> | <i>In Memory of My Mother</i>             |   |                             |
| Billie L Greene            | Sandra Holt              |                                       | Almetor & Almeda King                         |   | <i>In Memory of Mrs. Florence Mahaney, my grandmother who delivered Mobile Meals in Oswego, NY</i> | <i>In Memory of My Mother</i>             |   |                             |
| Larry & Deborah Griffin    | John & Ruth Hungerford   |                                       | Almetor & Almeda King                         |   | <i>In Memory of Mrs. Florence Mahaney, my grandmother who delivered Mobile Meals in Oswego, NY</i> | <i>In Memory of My Mother</i>             |   |                             |
| Joseph & Betty Gross       | Sandra Holt              |                                       | Almetor & Almeda King                         |   | <i>In Memory of Mrs. Florence Mahaney, my grandmother who delivered Mobile Meals in Oswego, NY</i> | <i>In Memory of My Mother</i>             |   |                             |
| Joseph & Janet Guess       | John & Ruth Hungerford   |                                       | Almetor & Almeda King                         |   | <i>In Memory of Mrs. Florence Mahaney, my grandmother who delivered Mobile Meals in Oswego, NY</i> | <i>In Memory of My Mother</i>             |   |                             |
| Princess Haas              | Sandra Holt              |                                       | Almetor & Almeda King                         |   | <i>In Memory of Mrs. Florence Mahaney, my grandmother who delivered Mobile Meals in Oswego, NY</i> | <i>In Memory of My Mother</i>             |   |                             |
| Earl Hall                  | John & Ruth Hungerford   |                                       | Almetor & Almeda King                         |   | <i>In Memory of Mrs. Florence Mahaney, my grandmother who delivered Mobile Meals in Oswego, NY</i> | <i>In Memory of My Mother</i>             |   |                             |

Jerry & Janie Herrmann  
 Amy Morris Hess  
 Haverly Hildreth  
 Laura Hobbs  
 Dan & Mary Holbrook  
 John & Karin Hoover  
 Jim & Tracy Hopkins  
 Mahmood Hosseini  
 Joanne Huddleston  
 David & Laurie Hudson  
 Garry Hudson  
 Danny & Anna Hughes  
 Joseph & Ann Huie  
 Michelle Hull  
 David & Janice Shhee  
 Todd Jackson  
 Tony & Linda Jackson  
 Kalman Johnson  
 Larry Johnson  
 Mattie Johnson  
 Melissa Johnson  
 Wallace & Brenda Johnson  
 Warren Johnson  
 John & Angela Jones  
 Peggy Kattine  
 Arlene Katz  
 Sandra Kehne  
 Michael & Margo Kelley  
 Larry & June Kelsay  
 Bruce & Lena Kennedy  
 Robert & Susan Kerley  
 Hwa Ok & Yoo Keun Kim  
 Jennifer King  
 Scott & Martha Kirby  
 Dennis Knight  
 Michael Kopp  
 Jacob Kurtz  
 David & Sheryl Lambdin  
 Kurt & Patricia Land  
 Diane Lankford  
 James & Darlene Lara  
 Candace Lasley  
 Ronald & Laura Beth Lawrence  
 Yat Lee  
 Mark & Susan Leitson  
 Dawn Lindsay  
 Patricia Llewellyn  
 Steve & Carolyn Luper  
 Marlene Luttrell  
 William Lyon III  
 Greg Mackay  
 William Martella  
 George & Faye Massey  
 Vicki Mayfield & Mark Rennich  
 David & Rhonda McClurkin  
 Fronita McDaniel  
 Thomas & Patricia McDaniel  
 John & Lisa McElligott  
 Cindy McLlvaire  
 A M McNair  
 Robert Mee  
 Amy Midis  
 Carol Miller  
 Edward & Shirlene Mink  
 Mary Mishu  
 Alithia Moore  
 Vasudevan & Savithry Mooss  
 Kevin Murphy  
 Lynda Newton  
 Diane Nichols  
 James & Christina Nixon  
 Helen Roehl O'Connor  
 Barbara Olson  
 Lee & Carol Ownby  
 Richard L Pace  
 Janet Penilo  
 Deborah Perry  
 Charles & Joan Pfrommer

William Phelps Sr  
 Kenny & Tina Phillips  
 Bruce & Christina Pint  
 Lloyd & Judy Pitney  
 Judy Poulson  
 Billy Pratt  
 Larry & Carolyn Proctor  
 Gary Pulsinelli & Lynda Schilling  
 David & Rennee Quillin  
 John & Susan Randolph  
 Brad Rayson  
 Pamela Reddoch  
 Michelle Hull  
 Gary & A.E. Reid  
 Willa Reister  
 Tony & Linda Jackson  
 Lynn Rhea  
 Cheryl Rice  
 Lavon & Darlene Rickard  
 Merna Roberts  
 Judy Robertson  
 Chuck Robinson  
 Karen Robinson  
 Russell Rotondo  
 Dennis & Sally Russell  
 Pat Ryan  
 Steven & Amanda Sanders  
 Wade Saye  
 Todd Schott  
 Thomas & Charlotte Schumpert  
 Laura Schwind  
 Suzanne Senn Burke  
 Cynthia A Serbin  
 Paul & Claire Serrell  
 Tamera Seymour  
 Robert & Judith Shaw  
 Bary Shumpert  
 Dave & Vim Silvus  
 Doris Simpson  
 John Slaten  
 Rodney & Sheila Smith  
 Doug & Leslie Snelson  
 Francisco Soto  
 Cindy Spradling  
 Mary Stair  
 Mark & Bobby Stanfield  
 John & Dinah Stanley  
 Kevin & Linda Staton  
 Barry Steele  
 Jeanne Stevens  
 Daniel Stewart  
 Frank & Faye Stockard  
 Edward Stooksbury  
 Evan C. Sturm  
 Millard and Janet Summers  
 Betty Sumrow  
 Starr E Suneson  
 Mr. & Mrs. Michael Swift  
 Wendy Taft  
 Chris and Mary Sue Tavino  
 Donna Terzak  
 Sam and Teresa Tillery  
 James Tipton  
 Sandra Twardosz  
 Don & Adelle Urban  
 John A Vanlandingham  
 Sam & Mary Ann Venable  
 Lakeisha Walker  
 Philip Watson  
 Mark & Dorothy Webb  
 Glen Weber  
 Joyce Weedon  
 Janice White  
 Wayne & Connie Whitehead  
 Elizabeth Wieselquist  
 Al & LeaAnne Williams  
 James Willingham  
 Bill & Barbara Winzurk  
 Kimberly Wolbers

James & Virginia Wood  
 James & Linda Yates  
 Katherine Young  
 Aquaphase Inc  
 Bearden United  
 Methodist Church  
 United Methodist Women  
 Beaver Creek  
 Cumberland  
 Presbyterian Church  
 Searcher Sunday School  
 Farragut Presbyterian Church  
 Church Outreach Committee  
 The Melrose  
 Foundation, Inc.  
 Lynn & Frances  
 Morehous Family  
 Charitable Fund  
 Nuclear Lead Co Inc  
 Powell United  
 Methodist Church  
 St. George Greek  
 Orthodox Church  
 Philoptochos Society,  
 Sts. Mary & Martha  
 Chapter 5036

### Adopt A Senior Program In Memory or Honor

*In Memory of Robert & Toodle Adcock*  
 Colin & Debbie Moskal  
*In Memory of My Mother Nellie Adkinson*  
 Patricia Adkinson  
*In Memory of Drucilla Herman Ailor*  
 Darlene Phillips  
*In Honor of All the Volunteers*  
 Pat Weaver  
*In Memory of my mother Barbara Paylor Alpers*  
 Laura Van Eps  
*In Honor of Elmer Ashburn*  
 Melissa Ashburn  
*In Memory of Joyce & Charles Benziger*  
 Tim & Janet Bigelow  
*In Honor of Pat Berney*  
 Matthew Davis  
*In Memory of Jack Bondurant*  
 Donna Bondurant  
*In Memory of Carol Boyd*  
 Katie Welch  
*In Memory of Stuart Boyer and Honor of Scott & Eric Boyer*  
 Sue Boyer  
*In Honor of Brenda & Barney*  
 Anonymous  
*In Honor of Dr. Monte & Jan Broome*  
 William Broome  
*In Honor of Bob Bruer*  
 R M Overholt MD  
*In Honor of Ruth Campbell*  
 Kevin Campbell  
*In Memory of Eleanor Carlson*  
 Dr. Eric & Susan Carlson  
*In Memory of Adam Casey*  
 Alex & Laine Boerner  
*In Memory of Hayward Cecil*  
 Anonymous

*In Memory of Gene and Mary Ann Chambers*  
 Charles & Lisa Chambers  
*In Honor of Becky Childers*  
 Tucker & Lisa Childers  
*In Memory of Chloe Chitwood*  
 James Staub  
*In Honor of Jesus Christ*  
 Anonymous  
*In Honor of Cindy, Robert, Michelle, Mike, Cathy, Chuck, Lorie, Larry, Jayne, Gene, Brenda, Weezie, Rabbit Jayne Walshaw*  
*In Memory of Clarence, Edward, & Juanita*  
 Lynda Bowers & Tammie Welton  
*In Honor of Bo Clark*  
 Rob Clark  
*In Memory of Janice Gorsk*  
 Rachel Coffman  
*In Memory of Louise Cohen*  
 Frank & Lisa Kolinsky  
*In Honor of Cokesbury Church*  
 Carl Mathews  
*In Memory of William & Catherine Cole, my parents*  
 Kathy Rinaca  
*In Memory of Ruth Courtney*  
 Jerry & Pat Wrinkle  
*In Memory of Susan Smith Craig*  
 David Craig  
*In Memory of Pat Croley*  
 Robert Croley  
*In Honor of Judi Cureton*  
 Amy Dunn  
*In Honor of Betty Daffron*  
 Lisa Wise  
*In Honor of Ms. Mimi Daly and Mrs. Carl R. Cowan, Sr.*  
 Patricia Cowan  
*In Memory of Rosie Daze*  
 Barbara Cook  
*In Memory of Donald Deer*  
 Mark & Lisa Maki  
*In Honor of Mrs. Connie Denicola*  
 Dr. Richard & Hope Cohn  
*In Memory of James & Nora Derreberry*  
 Donald & Dianna Altom  
*In Honor of Ruby Dickens*  
 Gary & Jan Dickens  
*In Memory of Dr. Lois E. Dickey*  
 Anonymous  
*In Memory of Bill Dodson*  
 Damaris Olsen  
*In Memory of Adam Downen*  
 Keith & Wendy Downen  
*In Memory of Donald H England*  
 Charlotte England  
*In Honor of Flora Mae Fann*  
 Lora Corder  
*In Memory of Eileen Faust*

Amy Campbell  
*In Memory of Jack and Bess Feld*  
 Neil Feld  
*In Memory of Sidney Fritts*  
 Anonymous  
*In Memory of my mother Dorothy Frost*  
 Catherine Cooper  
*In Memory of Robert Galloway Jr*  
 Ryan & Linda Shannon  
*In Honor of Katherine Gibney*  
 L Bingham Graves  
*In Memory of William (Wasyl) Gogar*  
 William (Wasyl) Robert Gogar  
*In Honor of Mary Gormley*  
 James & Rena Gormley  
*In Memory of Virginia Gorsk*  
 Greg Volrath  
*In Memory of Brenda Goslee*  
 Michael & Nancy Lofaro  
*In Memory of Brenda Goslee*  
 R.F. and Joan Regester  
*In Memory of Pat Hampstead*  
 Robert & Ruth Feinburg  
*In Memory of Betty Hanes*  
 Bill & Amy Broome  
*In Memory of Ronald Harbin*  
 Anonymous  
*In Honor of Martha Henderson*  
 Anonymous  
*In Honor of Vicki & Greg Hinkel and Family*  
 Anonymous  
*In Memory of James Huddleston and Honor of Beth Crossman*  
 "Great Parents"  
 Ric & Kim Raiford  
*In Honor of Angie and Greg Johns*  
 Anonymous  
*In Memory of Ed & Frances Karkut*  
 Cynthia Karkut  
*In Memory of Anthony A. Kattine, MD*  
 Stuart Van Meter, MD  
*In Honor of Agnes Kirby*  
 Michael Massengill  
*In Honor of Rip Kirby*  
 Christy McElroy  
*In Honor of Knox County Mobile Meals Seniors*  
 Gary & Patti West  
*In Honor of Joe & Ruth Koren and Memory of Ruth M. Koren*  
 James Koren  
*In Memory of Larry Kristich*  
 Mark & Jane Andreaco  
*In Memory of Barbary & Jerry Ladich*  
 Mary Ann Bush  
*In Honor of Verne Lawson*  
 Jennifer Lubke  
*In Honor of Teresa Levey*  
 Ann Giffin  
*In Memory of Betty*

Lewis  
 Whitney Adams  
*In Honor of Owen E. Liles*  
 David Liles  
*In Honor of Chas & Jonee Lindstrom*  
 David & Nancy Harshman  
*In Honor of Nancy Lofaro*  
 Chris & Mari Brooks  
*In Memory of My Mom Edna Loveday*  
 Wayne Loveday  
*In Memory of Ralph & Leona Loy*  
 Anonymous  
 Tom Runyan  
*In Memory of Tim Marshal*  
 Jo Ann Marshall  
*In Memory of Mr. & Mrs. Bryan May and Mr. & Mrs. Newton Ownby*  
 Michael & Elizabeth Ownby  
*In Honor of Dan & Carolyn McConnell*  
 Don & Sharon White  
*In Honor of Shirley McKinney*  
 Patricia Kline  
*In Honor of & memory of Ralph & Dot Merrell*  
 Ron & Margie Collins  
*In Memory of Sarah Nell Miller*  
 Jo Evans  
*In Honor of Mr. & Mrs. Gary L. Miller, Jr.*  
 Charlenia Wilson  
*In Memory of Judith Mitchell*  
 Burton & Katherine West  
*In Memory of Wanda Monday*  
 Stephen Monday  
*In Memory of Barbara Monty*  
 Wallace & Gloria Kessel  
*In Memory of Barbara Monty*  
 Mary Q Wilson  
*In Memory of Bobbie Moore*  
 Jeff & Carla Goins  
*In Memory of Melba Morton*  
 Bryan & Susan Eaves  
*In Honor of Sandy Moyer*  
 Jack & Brenda Holt  
*In Memory of Jim Moyers*  
 Nancy Moyers  
*In Honor of Brenda Murphy Mullins*  
 Shelba Murphy  
*In Memory of Johnny Muncey*  
 Kathy Herd  
*In Memory of Elli Muth*  
 Peter & Ana Schmidt  
*In Honor of My Children*  
 Joanne Hayden  
*In Honor of My Daughters Lori & Kara*  
 Mary O'Neil  
*In Memory of My Parents*  
 Sherry Speegle Ellis  
*In Honor of Ella Mysinger*  
 Mike & Stacey Mysinger  
*In Memory of Mike Needham*

Thomas & Julia Jones  
*In Memory of Jim Northcut*  
 Ellen Bauer  
*In Honor of Greg O'Connor*  
 Shannon Harig-Blaine  
*In Honor of Old North Knox Holiday Home Tour*  
 Rebecca Hancock  
*In Honor of Pat Parkman*  
 Anonymous  
*In Memory of Kenneth C Pierce*  
 Elizabeth Pierce  
*In Honor of Joan Pitts & Patricia Woods*  
 Betty J Siegel  
*In Memory of Charles A. Pruitt, my dad*  
 Dana & Denise Hamilton  
*In Memory of David Purvis*  
 Gregg & Patricia Swersky  
*In Honor of Dr. Kenneth F. Read Jr. & Family*  
 Kenneth Read  
*In Memory of Will & Hattie Riddle*  
 Anonymous  
*In Memory of Eleanor Roark*  
 Barbara Franks  
*In Memory of Natalie Robinson*  
 Peachtree Park Pediatrics  
*In Memory of Natalie Levison Robinson*  
 Anonymous  
*In Memory of Dennis Rogers*  
 Brent & Judy Moore  
*In Memory of Harriette D. Rowe, my mom who delivered meals for 30 years in Tifton GA*  
 Laura Barron  
*In Honor of Ruth and Marjorie*  
 Anonymous  
*In Honor of Marcy Savarese*  
 Adrian & Cathy Gonzalez  
*In Memory of Robert Schutt*  
 Anonymous  
*In Memory of Carole Scott*  
 Randall Scott  
*In Honor of Ron & Jan Sentell*  
 Steve & June Gibbs  
*In Memory of Helen Smith*  
 Carolyn Tipton  
*In Memory of Alma St. Germain*  
 Ken & Cynthia St. Germain  
*In Memory of Hilda Stewart*  
 Leann Dickson  
*In Memory of James C. and Evelyn D. Sutherland*  
 James & Leila Sutherland  
*In Honor of Kim Taylor*  
 Anonymous  
*In Memory of Mom, Betty Thacker*  
 Nanci Phillips  
*In Honor of Gordon Thomas*

Charles & Wilma Chadwell  
*In Honor of Jill Townsend*  
 Richard & Irene Townsend  
*In Honor of Joe Trahern*  
 Peggy Gates  
*In Memory of Delmas Turner*  
 Geoff and Suzann Emery  
*In Memory of Emmet "Buck" Vaughn, Jr.*  
 Linda Vaughn  
*In Memory of Sharon Vineyard*  
 Kristy Jones  
*In Memory of my mom Helen Walden*  
 Pat Braden  
*In Memory of Mary Waldroup*  
 David & Marcia Doyle  
*In Memory of Sherrod and Iris Wells*  
 Jane Wells  
*In Honor of Gary & Patti West*  
 Justin Simerly  
*In Memory of Mabel Robinson Williams*  
 Anonymous  
*In Memory of Mary Ellen Williams*  
 Richard & Rebecca Jenkins  
*In Honor of The Winters Family*  
 Anonymous  
*In Honor of Susan Yanno, Phyllis Cassell, and Mary Lee Rumage*  
 Janelle Honeycutt  
*In Memory of Ben Yeager*  
 Donald & Margaret Yeager  
*In Honor of Jessie Yoste*  
 Jan Lewis

### One Senior for One Year

Anonymous (11)  
 Norma Cox Cook  
 Harold Elkins  
 Artie Hill  
 Janice Hixson  
 Richard & Carol Jones  
 Dave & Debbie Knapp  
 Paul McCown  
 Greg & Jan McWhorter  
 Linda Mills  
 Davis & Christy Overton  
 Philip Schrader  
 Carla Wyrick  
 City-Wide Service Club  
 Scarecrow Foundation  
 The Church of the Good Samaritan

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

*In Memory of Dr. Earl Crumpton*  
 Drs. Reid, Olga, & Brianna Crumpton  
*In Memory of Elbert Heft*  
 Gail Lewis  
*In Memory of Frank & Rhoda Hill*  
 Kristy Campbell  
*In Memory of George Mandrus and Honor of June Galloway*  
 Harriet Miller

*In Memory of Virginia M. Miller*  
 David & Mary Long  
*In Honor of Mr. & Mrs. David Moon, Mr. & Mrs. Jimmy Haslam, Dr. & Mrs. Clifford Johnson, Dr. & Mrs. George Krisle, Mr. & Mrs. Hiram Tipton, Ms. Caroline Smith, Dr. & Mrs. Ronald Rimer, Mr. & Mrs. Michael McBrien, and Ms. Aggie Bell*  
 John Mulcahy  
*In Memory of Marion Mulcahy*  
 John Mulcahy  
*In Memory of Daane L. Troyer*  
 Jody Troyer

### Two Seniors for One Year

Mr. & Mrs. Thomas M. Ayres  
 Robert & Honerlin Del Moro  
 Amanda Morris  
 Beverage Control Inc  
 Craig's Firearms Supply - Knoxville  
 Fairfield Service Group Inc

### Two Seniors for One Year In Memory or Honor

*In Honor of Susan MacLeod*  
 Merrit Heminway

### Three Seniors for One Year

Anonymous  
 Andrew & Jennie Johnson

### Four Seniors for One Year

Jim & Dorothy Petrone

### Eleven Seniors for One Year

Knoxville Firefighters Association Local 65

# 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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# HOW TO REVERSE PREDIABETES

## COUNCIL ON AGING PROGRAM

Many seniors are diagnosed with prediabetes each year. If caught early, prediabetes can often be reversed before it develops into type 2 diabetes. By making a few dietary and lifestyle changes, seniors can stave off diabetes and boost their quality of life. Join us as Pharmacists Matt Crawford and Hayley Pitt of Mac's Pharmacy explain what it means when you receive a prediabetes diagnosis and what you can do to stay healthy.

Matt Crawford is a Knoxville native who graduated from the University of Tennessee in 2011 with a Bachelor's degree in Kinesiology. He

continued his education at the University of Tennessee College of Pharmacy where he received his Doctor

of Pharmacy degree in 2015. Matt has worked at Mac's Pharmacy since he graduated and enjoys taking care of his patients at Washington Pike.

Dr. Hayley Pitt is the PGY1 Community pharmacy resident at Mac's Pharmacies and the University of Tennessee Health Science Center. Pitt is from Greeneville, Tennessee, where she lives with her husband, Kaleb Pitt and younger brother,



Matt Crawford



Hayley Pitt

Thursday, April 8, 2021 • 2:30 p.m.  
Virtual meeting. Go to [knoxseniors.org](https://knoxseniors.org).

Dustin. She graduated from East Tennessee State University Bill Gatton College of Pharmacy in May of 2020.

### Meeting Information

Go to [knoxseniors.org](https://knoxseniors.org) and click the blue Council on Aging tab for the meeting link.

You can also join by phone

1-844-621-3956 United States Toll Free

Access code: 132 069 5576 ■