

ELDER NEWS

JANUARY/FEBRUARY 2020

VIEWS

OFFICE ON AGING
KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

SNOWFLAKE BALL

12th Annual

FUNDRAISER FOR THE SENIOR COMPANION PROGRAM

Dance your way through a most delightful evening at the Snowflake Ball, the Senior Companion Program's annual fundraiser. Swing and sway to the smooth sounds of The Ensemble Swingtime Band, enjoy a delicious catered dinner, and peruse the tempting and tangible offerings of the Silent Auction. Take advantage of the free photography booth to capture the memories of this magical night. Tickets cost \$60 each with an early bird special of \$50 if purchased before January 15th and are available from the Office on Aging by calling (865)524-2786.

"This year's ball will be our biggest ever," said Deisha Finley, manager of the Senior Corps Programs. "It's a fun night to get out and enjoy good company, great food, and live entertainment while supporting a program that makes a difference for so many seniors." Come prepared to bid on amazing silent auction items such as restaurant gift cards, gourmet baskets, art, sports memorabilia, and Gatlinburg adventures.

The Snowflake Ball is not only about having an elegant evening of fun, it serves as the primary fundraiser for the Senior Companion Program. This unique program provides low-income adults over the age of 55 an opportunity for a meaningful volunteer experience. The volunteers, in turn, provide companionship and support at no cost to many homebound adults in our community. Community donations allow the program to train and place more Companions. If you or someone you know is interested in becoming a Senior Companion, call the program at 524-2786 for information.

For the fifth consecutive year, two special people will be crowned Snowflake Ball King and Queen. This year's nominees include:

Austin Bowling
WVLT Channel 8

Darris Upton
Knox County Government

Molly Yerger
NHC Place Farragut

Rachel Hart
LifeCare Center of Blount County

Andrew Scruggs
Always Best Care Senior Services

Edward Harper
Pistol Creek Catch of the Day

Susan Vieira
Franklin & Kyle Elder Law

Leah Dailey
Raintree Terrace Senior Living

Vote for your favorite King and Queen by donating at <https://charity.gofundme.com/knoxvilleknoxcountyc>



Saturday, February 8, 2020
6—9:30 p.m.

NEW LOCATION!

Rothchild Conference Center
8807 Kingston Pike, Knoxville, 37923

Earlybird tickets: \$50 before January 15th. \$60 after. Table of 8 with guaranteed seating together: \$500

Tickets are available online at knoxseniors.org or by calling 865-524-2786.

Platinum Sponsors

MorningPointe
Assisted Living & Memory Care



Senior Financial Group
Doing Medicare Differently.

UnitedHealthcare

SPECIAL THANKS TO SUE MASSINGILL

The CAC Office on Aging would like to thank Sue Massingill for her 20 years of dedication and service to the John T. O'Connor Senior Center. Ms. Massingill recently transitioned out of her position as the O'Connor Center Manager. As Manager, she spent countless hours serving individuals, developing valuable programs, and assuring that all were welcome.



Sue's efforts and direction of the Senior Center and Daily Living Center provided an invaluable service to our community.

"In the time that I served as Manager of the O'Connor Center, I was blessed to have friends from all walks of life pass through the doors. My prayer is that everyone found a warm and friendly welcome, that the facility was attractive and inviting, and that the programs we presented were instrumental in adding life to their years and years to their life. Thank you for allowing me to serve." -- Sue Massingill

JANUARY COA: WEIGHT WILL MAKE YOU WAIT

What is obesity and how do we better understand it? What are the risks of carrying excess weight and how do doctors help us navigate those risks? Join us as Lynn Castle presents options for fighting obesity, how to avoid the pitfalls of yo-yo dieting, and explains how hormones, genetics, and body mass index play a role in our risk factors.

In 2007, Lynn Castle helped launch the bariatric program at the University of Tennessee Medical Center. She remains with the program at the University Bariatric Center as the physician assistant and bariatric clinical coordinator. ■



Thursday,
January 9, 2020

2:30 p.m.

O'Connor
Senior Center
611 Winona St.

PANCAKE FEST

Mark your calendars to join us at the ever-popular O'Connor Center's Annual Pancake Fest! If you're new to Pancake Fest, you will be impressed by

what this fundraising event has to offer. We will have celebrity pancake flippers making your pancakes, including local elected officials and media personalities. When you've had your fill of \$5 all-you-can-eat pancakes (sugar-free syrup and gluten-free pancakes available), sausage, milk, coffee, and orange juice, head down the

Friday, March 6

7 a.m.—1 p.m.

O'Connor Senior
Center

611 Winona St.



hall to the fun information booths where you can learn about resources in our community. Local TV and radio stations will be broadcasting live from Pancake Fest. Everyone is invited to attend this fun and delicious event, so grab a friend and join us at the O'Connor Center. All



proceeds benefit the O'Connor Senior Center and the Daily Living Center to continue offering important and impactful programming.

In a hurry? Call ahead and pick up to-go orders for your entire crew! 523-1135. ■

HOME SAFETY & MAINTENANCE TIPS

Now that winter is upon us, we thought it would be a good idea to pass along some suggestions and recommendations as it relates to safety and comfort in the home. Below is a list of those we suggest you pay particular attention to.

SAFETY TIPS

SMOKE AND CARBON MONOXIDE DETECTORS

If your home is not equipped with these types of detectors, it is EXTREMELY IMPORTANT that you contact your local fire department and they should install these items for you free of charge. The smoke detector should be in every home. The carbon monoxide detector should be installed if your heat or appliances operate off of natural gas or propane. If you already have these items, ensure to check the test button located on the detector weekly to make sure it is operable. If the test button does not provide a sound, then have the batteries replaced then re-test. If it still doesn't work, it should be replaced.

ELECTRICAL

If you use a space heater in your home it is NOT a good idea to plug these into a power strip. ALWAYS plug them into the actual wall outlet. DO NOT place them close to furniture, clothes, or anything flammable. ONLY use those heaters that have a safety device that automatically shuts off if turned over.

If you use power strips, IT IS EXTREMELY IMPORTANT

that you DO NOT overload it by plugging too many items into it. Suggest no more than TWO items. If you use it for appliances such as a microwave or refrigerator, ONLY plug that ONE appliance into it.

FIREPLACES AND WOOD BURNING STOVES

If you use a fireplace, we recommend that you have it professionally cleaned before lighting it up. Flammable material will build up on the inside of the chimney over the course of time. ENSURE that the DAMPER is open before you start the burning process. Otherwise, smoke will fill the interior of your home. Your local Fire Department can provide you with this and other information.

If you use a wood or charcoal burning stove it is also STRONGLY suggested that you have the smoke pipe checked before using it and that you have a fire pan or similar item underneath it to collect dangerous material that may fall on the ground when cleaning. DO NOT sit directly on to wood flooring, carpet, or other flammable floor covering. ■

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.

CHECK OUT ELDER NEWS & VIEWS ONLINE!

Did you know that you can read Elder News & Views online? Just visit knoxseniors.org and scroll down to Elder News & Views under the services heading. You can read the current issue as well as back-issues. If you would like to receive an email notification alerting you to the new issue, send your request to knox00a@knoxseniors.org to be put on the email list. ■

GRANDPARENTS AS PARENTS PROGRAM OFFERS SUPPORT TO GRANDFAMILIES

This is the Age of the Grandparent. The percentage of children living in "grandfamilies" has doubled since 1970. Many times, the reasons for grandparents or other relatives stepping in and caring for a child are tragic. The Office on Aging offers the Grandparents as Parents program to help families as they move beyond these difficult transitions and to support and encourage them as they navigate their caregiving journey.



Grandparents as Parents (GAP) offers two monthly group meetings. Relative caregivers can attend to get valuable information, make new friends, and have some fun. One group meets at the LT Ross building and the other group meets at Virtue Church in west Knoxville. GAP also offers a monthly newsletter, weekly email updates, a weekly discussion group (Grand

Visions), a Grandparents as Parents Guidebook and more. All services are offered at no charge.

To learn more about the state of grandfamilies in Tennessee, listen to the "Roots and Wings" podcast to hear Tracy Van de Vate, GAP Program Manager, as she discusses the challenges and joys of being a "grandfamily." "Roots and Wings" is produced by Jacquil Newell from the Tennessee Commission of Youth and Children. ■

Join us at the next Grandfamilies Together meetings:

Ross Building • 2247 Western Ave.
January 28 & February 25 • 10:00 a.m. - Noon

Virtue Church • 725 Virtue Road
January 9 & February 13 • 10:00 a.m. - Noon

SAVE THE DATE

SENIORS FOR CREATIVE LEARNING SPRING KICK-OFF LUNCHEON MARCH 10

Seniors for Creative Learning, a partnership between the O'Connor Center and the UT Department of Professional and Personal Development, features an excellent series of lecture-based courses taught by local experts. Sessions meet Tuesdays and Thursdays at the Center, at 1:00 pm and 2:30 pm, with hosted refreshments from 2:00 pm - 2:30 pm. Cost of these courses is \$40/person or \$55/ couple. Registration is through the Department of Professional and Personal Development, via telephone using a credit card at (865) 974-0150. The Kickoff Luncheon, for those preregistered, is set for 12:00 pm on Tuesday, March 10. ■



Tuesday, March 10 • 12:00 pm
O'Connor Senior Center
611 Winona St.

HELP OLDER ADULTS STAY WARM THIS WINTER

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. The program is requesting 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). We cannot accept used portable heaters at this time. The program also accepts monetary donations toward the purchase of portable heaters. Don't let older adults go without heat this winter.

Please contact Melinda Bryant at 865-524-2786 or melinda.bryant@knoxseniors.org for more information. Donations of heaters can be brought to the Office on Aging, at the L.T. Ross Building, 2247 Western Avenue, Knoxville. Financial donations should be mailed to the Office on Aging, P.O. Box 51650, Knoxville TN 37950-1650. Please indicate that you are contributing to purchase portable heaters. ■

O'CONNOR CENTER SCHEDULE - JANUARY/FEBRUARY

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

- Wednesday, January 1 for New Year's Day
- Monday, January 20 for Martin Luther King, Jr. Day
- Monday, February 17 for Presidents' Day

JANUARY/FEBRUARY PROGRAMS

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

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

Coffee & Conversation: Rise Above Crime will lead an educational discussion about identifying elder abuse and action steps to take for those affected.

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.

Cribbage: Enjoy a classic card game with friends. Instruction is available.

Dance Classes - Cost is \$2/Class.

Afternoon Dancing: Tuesdays. Opportunity to dance and visit with friends. \$1 donation appreciated.

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, Jan 7 and Feb 4--great fellowship! Cost is \$2; light refreshments.

Friday Night Dances: Jan 17 and Feb 21. "ALL TYPE" dance with great music, light refreshments, fun, and a special DJ from Pro-Audio Mobile DJs. Cost is \$5.

Saturday Night Ballroom Dances with

Refreshments: Jan 11 and Feb 8. Cost: \$6/Dance Club Members; \$8/Non Members.

Flower Lovers Garden Club: Meets Thursday, Feb 13. 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 your 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 a.m.-2 p.m. 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.

Jan 2 Gatlinburg Trail/Lunch
4-mile, easy

Jan 9 Annual Meeting at
O'Connor

Jan 16 Piney Falls
3-mile, moderate

Jan 23 East Lakeshore
(Glendale Branch Loop)
5-6-mile, moderate

Jan 30 Haw Ridge (Loop from
West Entrance)
6.5-mile, easy to moderate

Feb 6 Optional

Feb 13 Urban Wilderness
5-6-mile, easy to moderate

Feb 20 Shoat Lick Pond (Windrock)
6-mile, moderate

Feb 27 Dyllis Orchard (Oak Ridge)
6-8-mile, moderate

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

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: Mahjong classes for Beginners offered on Mondays from January 6 through February 24. Call to register for this class. Mahjong played on Wednesdays at 1:15 p.m. for experienced players.

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.

Open Jam Session: A weekly Friday afternoon get-together for music lovers of all kinds. Anyone who plays an 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 January 28. 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.

Spanish: Advanced class Fridays at 11 a.m.; Beginners class every Friday, noon.

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

Texas Hold'em: Wednesdays. Enjoy



JANUARY 2020 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
		CENTER CLOSED 	1:00 Coffee & Conversation	1:30 Open Jam Session
9:00 Legal Aid 10:00 Mahjong for Beginners	10:00 French Class Begins 11:00 Italian Class Begins 12:00 Hearing Screening, Aid Cleaning & Adjustments 1:30 Tea Dance	12:15 Weigh to Go with Humor 1:00 Genealogy	9:00 Happy Hikers Planning Meeting 9:00 UT Mobile Mammography 12:00 Sweet Spot 2:30 Council on Aging	11:00 Silver Stage Begins 12:30 Smartphone/Tablet Photo Class 1:30 Open Jam Session 7:00 Winter Wonderland Dance with the David Correll Band
9:30 Creative Writers 10:00 Mahjong for Beginners 12:00 Lunch & Learn		9:00 Toenail Clipping Clinic 12:15 Weigh to Go with Humor 9:00 Advisory Board Meeting	1:00 Coffee & Conversation	11:00 Adv. Spanish Begins 12:00 Beg. Spanish Begins 7:00 PM Variety DJ Dance 
CENTER CLOSED 		12:15 Weigh to Go with Humor 1:00 Genealogy		1:30 Open Jam Session
9:30 Creative Writers 10:00 Mahjong for Beginners 12:00 Lunch & Learn		9:00 Toenail Clipping Clinic 12:15 Weigh to Go with Humor	10:00 Facebook 101 12:30 iPhone/iPad Basics	12:30 iPhone/iPad Basics 1:30 Open Jam Session

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 1:30 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, Tai Chi Beg. Practice 11:20 Seated Yoga 11:30 Washable Oils Painting 1:00 Cribbage 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 Weigh to Go with Humor 12:30 Afternoon Art, Texas Hold'Em 1:15 Mahjong 1:00 Cribbage 1:30 Beg. Beg. Line Dance, Bingo 2:00 Beginner Line Dance	8:30 Blood Glucose Checks 9:00 Knitting & Crocheting, 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 11:30 Chess Club 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 Open Jam Session Billiards Room Open Monday—Friday 8:30 am-4:30 pm

FEBRUARY 2020 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
3 9:00 Adult CPR 9:00 Legal Aid 10:00 Mahjong for Beginners 11:00 Creative Endeavors	4 1:30 Tea Dance	5 12:15 Weigh to Go with Humor 1:00 Genealogy 1:15 Mahjong	6 10:00 Awesome Apps 12:30 Android Basics 1:00 Coffee & Conversation	7 12:30 Android Basics 1:30 Open Jam Session 8 7:00 Valentine's Dance with the Mood Swing Band
10 9:30 Creative Writers 10:00 Mahjong for Beginners 12:00 Lunch & Learn	11	12 9:00 Toenail Clipping Clinic 12:15 Weigh to Go with Humor 1:15 Mahjong	13 12:00 Sweet Spot 2:00 Flower Lovers 2:30 Council on Aging	14 9:00 Adult CPR 1:00 O'Connor Center Volunteer Appreciation 1:30 Open Jam Session
17 CENTER CLOSED 	18 1:30 Adult CPR	19 12:15 Weigh to Go with Humor 1:00 Genealogy 1:15 Mahjong	20 1:00 Coffee & Conversation	21 1:30 Open Jam Session 7:00 Variety DJ Dance 
24 9:30 Creative Writers 10:00 Mahjong for Beginners 12:00 Lunch & Learn	25	26 9:00 Toenail Clipping Clinic 12:15 Weigh to Go with Humor 1:15 Mahjong	27 1:30 Adult CPR	28 12:30 Pinterest 101 1:30 Open Jam Session



Pancake Fest

Friday, March 6 7:00 AM - 1:00 PM

\$5 All you can eat! Tickets available NOW!

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 1:30 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, Tai Chi Beg. Practice 11:20 Seated Yoga 11:30 Washable Oils Painting 1:00 Cribbage 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 Weigh to Go with Humor 12:30 Afternoon Art, Texas Hold'Em 1:15 Mahjong 1:00 Cribbage 1:30 Beg. Beg. Line Dance, Bingo 2:00 Beginner Line Dance	8:30 Blood Glucose Checks 9:00 Knitting & Crocheting, 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 11:30 Chess Club 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 Open Jam Session Billiards Room Open Monday—Friday 8:30 am-4:30 pm

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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.

Volunteer Appreciation: O'Connor Volunteers from 2019 are invited to this special event honoring the time and effort you put in to making the O'Connor Center better! This event begins at 1pm and volunteers need to RSVP by calling the Center.

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.

Tech Tutoring will be available for computer questions and answers on varying days and times. Please call to schedule an appointment with our volunteer.

SENIOR SAVVY COMPUTER CLASSES (PLEASE PRE-REGISTER AND PRE-PAY)

Computers, as well as iPads, tablets, etc., are available; please indicate need when registering. Call 523-1135 for information and to register for classes. Pre-payment required. Classes are taught by social media 4 seniors staff.

Smartphone/Table Camera Class:
\$15 for the 1-day class

Fri, Jan 10, 12:30 p.m. – 2:30 pm

Facebook 101: \$15 for the 1-day class

Thurs, Jan 30, 10:00 a.m. to 12:00 p.m.

Apple Basics: \$25 for the 2-day class

Thurs/Fri, Jan 30 & 31, 12:30 p.m. to 2:30 pm

Awesome Apps: \$15 for the 1-day class
Thurs, Feb 6, 10:00 a.m. to 12:00 pm

Android Basics: \$25 for the 2-day class
Thurs/Fri, Feb 6 & 7, 12:30 p.m. to 2:30 pm

Pinterest 101: \$15 for the 1-day class
Thurs, Feb 28, 12:30 p.m. to 2:30 pm

Adult CPR with Nurse Claudia- February is Heart Month so let's learn CPR! Cost is \$5 and participants must pre-register.

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 ensures the class meets your daily requirement of fun and fellowship.

Exercise: Senior Advanced Cardio: Monday and Wednesday. Class meets 2 days/week. A low impact aerobics class includes an increased level of intensity and a strenuous workout led by Covenant Health; cost \$3. Newcomers welcome.

Weigh to Go with Humor: Wednesdays, 12:15-1:15 – New group! New Year, New You! Let's support one another while we lose those unwanted pounds and enjoy a little fun and laughter.

Hearing Screening & Hearing Aids Checked/Cleaned. Get your hearing checked 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.

Loss & Life Changes Support Group: Mondays. Pat Green, Group Leader/Social Worker and Bereavement Counselor, 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.

Taoist Tai Chi Classes and Practice: Tuesdays and Thursdays at 9 am. Try Tai Chi to help reduce stress and anxiety and enjoy this time of meditation in motion! Newcomers are always welcome.

Toenail Clipping, by Appointment Only: Cost is \$12. Call 523-1135 to schedule an appointment with Kelli on Jan. 15 & 29 and February 12 & 26.

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 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.

Jan. 13 • Changing Bodies, Changing Lives- Jessica Laird, UT Nursing student, will share information on exercise, keeping bones strong, raising energy levels, improving sleep and managing disease.

Jan. 27 • Pelvic Floor Disorders- Dr. Elder, UT Urogynecologist, will discuss this specialty that diagnoses and treats women with pelvic floor disorders. He will tell how to improve quality of life through the treatment of incontinence and pelvic floor disorders.

Feb. 10 • The "Other" Bucket List – This list is one that can save your life in case of an emergency. Colin Ickes from Knox County Emergency Management will share what items are necessary in a bucket to sustain your life for 72 hours.

Feb.24 • Zimbabwe Safari Travel - Adventure Travelers, Lauren & Ed Langston, will present their photographs featuring the animals, scenery, and people of Zimbabwe.

CAC OFFERS NEW PROGRAM: FAMILIES TOGETHER ACADEMY

CAC's Families Together Academy provides free education to empower families to thrive. We welcome all families and individuals to come together to learn in a relaxed informal setting. Refreshments provided. Win a chance at a door prize. Certificates of completion provided.

STRENGTHENING FAMILIES PROGRAM

Learn strategies for family resiliency, understanding community resources, and building communities. This program is for parents, grandparents, and anyone who is a caregiver for a family member or loved one.

January 7, 14, 21, & 28
1—3 p.m. at the Ross Building
(2247 Western Ave.)

UNDERSTANDING HOSPICE

A special program on what you need to know about Hospice.

January 8
10 a.m. at the Ross Building
(2247 Western Ave.)

EAT SMART. MOVE MORE.

A free cooking class for families with children

in the home. We will cook and share healthy food together. All participants will receive free giveaways each week.

January 14, 21, 28, February 4 & 11

10—11 a.m. Ross Building
(2247 Western Ave.)

For more information, contact Susan Bradford at 865-524-2786 or email susan.bradford@knoxseniors.org.

Check out our Facebook page for current information: [KnoxvilleKnoxCountyCAC's FamiliesTogetherAcademy](#).

MEDICARE BENEFICIARIES: HAVE YOU HAD YOUR SAVINGS CHECK UP?

The CAC Office on Aging is offering this new program to see if Medicare beneficiaries may be eligible for money-saving benefits including:

- **Medicare Savings Program (MSP):** assistance with Medicare Part B premiums
- **Low Income Subsidy (LIS)/ Extra Help:** provides assistance with Medicare Prescription drug costs
- **Supplemental Nutrition Assistance Program (SNAP):** provides monthly money for groceries
- **Low-Income Home Energy Assistance Program (LIHEAP):** provides once-a-year assistance



with your utility bill

- **Knox County Property Tax Freeze:** keeps property taxes from going up
- **Knox County Property Tax Relief:** portion of your property taxes may be paid or reimbursed

Call Senior Information & Referral (865) 546-6262 to get your Savings Check Up today! ■

PROJECT HELP

During cold winter weather, many people in our area need emergency energy assistance from Project Help to stay safe and warm. Your donation helps older or disabled people on fixed incomes and individuals or families who have an emergency need because of job loss, illness, or injury. The Knoxville-Knox County

CAC administers Project Help.

KUB collects and sends donations and sends 100 percent of that money to CAC to buy electricity, natural gas, heating oil, propane, coal, or wood for those in need. Project

Help relies solely on donations and fundraisers, so community help is vital. To make a donation or a monthly

pledge, go to www.kub.org. You can also give at Food City and area Home Federal banks, January 8—February 5. The KUB website also offers other ways to support Project Help. Please do what you can. Even \$1 a month makes a difference to people in need. ■



OCTOBER & NOVEMBER 2019 DONATIONS

Anonymous (20)
Diana Amann
Bob Andres
Colonial Heights United
Methodist Church: J. Ray
Stuart Sunday School Class
Debbie Lowe
Carl & Mary Porter
Hanno & Carol
Weitering
David & Carolyn Wells
Robert Kemp
Pam Lovell
Debbie Lowe
David McCormick
Peggy Minge
Dale Moss
Oakwood Baptist Church:
Homemaker's Sunday School
Class
Brenda and Richard
Owens
Gerald Perlman
Carl & Mary Porter
Sarah Roberto
Smithwood Baptist Church: Joy
Class
Mike and Kay Spinosa
Linda Townsend
Martha Carol Webster
Linda Williams

IN MEMORY OR HONOR

In memory of Jean Butler
Bill & Suzanne Fox
In memory of Robert Lowe
Connie Klinefelter Dickey

ADOPT A SENIOR DONATIONS

Anonymous (9)
Barbara Abner
ATT Pioneers
Midori Barstow
Bearden United Methodist
Church: United Methodist
Women
Beaver Creek Cumberland
Presbyterian Church:
Searchers Sunday School Class
Larry Bender
James & Nancy Bolon
Connie Cole
First United Methodist Church
Ann Gehin
Prabha Gupta
David Harshaman
Jerry & Janie Herrmann
David & Janice Ishee
Dale & Mary Kangas
Lake Hills Presbyterian
Church
Magdalene P. Liles

Little Creek Sanitarium
Gloria Ann Lunsford
Lynn & Frances Morehous:
Family Charitable Fund
Gregory Mackay
Rosemary Mayberry
Kari McCluer
Steven & Sara Miller
Mount Olive Baptist Church:
Eagles Sunday School Class
Helen Roehl O'Connor
Richard Pace
Lewis M. Patterson
Laurie Pearl
Deborah Perry
Lavon & Darlene Rickard
Natalie Robinson
Karen Russell
St. Luke's Episcopal Church
Outreach
Dorothy Swearingen
Larry & Chris Warren
Linda Williams
Carolyn Zachary

ADOPT A SENIOR IN MEMORY OR HONOR

In Honor of Those in Need
Anonymous
In Memory of Jack Arms
Barber McMurry

Architects
In Memory of Jack Arms
Betty Doyle
In Memory of Jack Arms
Frances Jones
In Memory of Jack Arms
Loretta Mynatt
In Memory of Jack Arms
Stata-G, LLC
In Memory of Dorothy Frost
Catherine Cooper
In Honor of Mary Catherine
Gouge
Charles & Marla Lammi
In Memory of Diane Helton-
Elsner
Mary O'Neil
In Memory of John & Rita
Kelleher
Jeanette Kelleher and Gregory
Stein
In Memory of Bob Lowe
Elizabeth Ann Underwood
In Memory of Bob Lowe
Bobbie Underwood
In Memory of Barbara Monty
Jamie Harris and David
Massey
In Memory of Betty Thacker
Edna Cing-Ya Chiao
In Memory of Betty Thacker

Fountain City Presbyterian
Church: Waystation Sunday
School Class
In Memory of Betty Thacker
Trudy Harris
In Memory of Betty Thacker
Betty Ann Lewis

ONE SENIOR FOR ONE YEAR

Anonymous (4)
Robert & Honerlin Del Moro
Scarecrow Foundation
Peggy Elkins

ONE SENIOR FOR ONE YEAR IN MEMORY

In Memory of Penny Bandy
PJ Parkinsons Support Group
In Memory of Bob Lowe
Janette & George Lowe

FIVE SENIORS FOR ONE YEAR

J.P & Katherine Roddy
Robert Brizzolara

FIFTEEN SENIORS FOR ONE YEAR

Will J. Pugh

OCTOBER & NOVEMBER 2019 OOA CONTRIBUTORS

CONNECTING HEARTS

Anonymous (1)

GRANDPARENTS AS PARENTS

Deisha Finley
Kerbela Shrine
Lisa Plawchan
Gail Brabson
Yvonnca Landes
Cokesbury Church

O'CONNOR SENIOR CENTER

Deborah & Danny O'Neil
In Memory of Linda Smith
Susan & David Long

PROJECT LIVE

Deisha Finley

PAWS

Fawn Landrum
Diane Wilson
Laurie Ballard
Patricia Woods
Paula Wright
Stephen Oliver

SENIOR COMPANIONS

Pedal for Alzheimer's
Ironic LLC
Fort Sanders Health &
Fitness Center
Uncle Maddio's Pizza
Connor's Steak and
Seafood
Mac's Long Term Care
A.W. Rutherford & Kendall
Rutherford

Martha C. Dailey
Vernon Distributors, Inc
The Kendall Group
Riggs Drug Store
Pinnacle c/o Service One,
Inc.
Raintree Terrace Senior
Living
Susan Long
Jason's Deli - Cedar Bluff
Fox Toyota
Mac's Edgemoor
Pharmacy
Hamilton, Miller and
Associates, PLLC
Landon and Kristin
Coleman
Adrian and Larsen Jay
Smoky Mountain Home
Health & Hospice

Premier Physical Therapy
LLC
Celia B. Gruzalski
Bowen Senior Solutions,
Inc
Freddie Gene Walker
Hunter and Margaret
Rigsby
Ralf Josef Maier
Dustin Humphrey
Diamond White 9U
Basball
Donna Smith
James Spreng
Johnathan Bradley
Harbin
Jerry Harbin
Smokey Mountain Tops,
Inc
The Pointe at Lifespring

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Swift Industrial Power,
Inc
Chesney Dentistry
Home Instead Senior
Care
Rice Buick - GMC
Monica Franklin
Margaret Hamiter
Chris Garman
Kurt Jon Gulbrand
Provision Imaging
Provision Physical
Therapy
Marcia C. Ridley
Deisha Finley
William J. Ervin
Remona K. Jessee

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& Associates, LLC
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Knoxville
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Katie Harbin
Gabrielle Blake
Christine Chasteen
Clarissa Johnson
Laura Palenkas
Lisa Rentenbach
Robert Hooper
Papa Murphy's c/o
TwickTenn



CAC POLICY FOR SNOW CLOSINGS

CAC offices will usually remain open during regular business hours when bad weather occurs. The Senior Nutrition Program, which includes congregate meal sites and Mobile Meals, does NOT follow the Knox County School System closing schedule during inclement weather. Please listen to radio and TV stations for announcements about "snow day" meal services and the need for volunteers to deliver meals.



Advertisement



Cigna
 Franklin "Andy" Williams
 Benefits Advisor
 Knoxville—East TN Market
 Cell: 865.287.0176 | franklin.williams@cigna.com

ELDER NEWS & VIEWS

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

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5 ways volunteering can keep NEW YEAR'S RESOLUTIONS



1 MAKE NEW FRIENDS

Serving a common goal is a wonderful way to build your network.



Although social media seems more prevalent, there's nothing better than sharing a meaningful real world experience with others.

2 FIND PURPOSE

Paying it forward or helping others has emotional benefits.



If you're lonely, or miss that "spice of life", helping others may be just the thing to reinvigorate yourself.

3 GET MORE DONE

Believe it or not, volunteering can help you find more time during the day to accomplish tasks!



Developing a consistent routine allows you to prioritize what's important. If people are depending on you, you're more likely to get out.

4 BE HEALTHIER

Getting exercise and eating well becomes more important as we age.



Surround yourself with like-minded people, get in your daily steps, and attend a class while you're out helping the community.

5 DEVELOP YOUR MEMORY

Volunteering is a great way to exercise your mental muscles!



There are tons of programs that need your lifetime of experience to make a difference. Learning new skills or practicing those old ones can help your long term memory.

KEEP YOUR RESOLUTIONS. VOLUNTEERING CAN HELP YOU DO IT.
 Contact Sam to find the perfect opportunity.

865-524-2786

OFFICE ON AGING

KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

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

ELDER NEWS & VIEWS

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

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JANUARY/FEBRUARY 2020

ELDER NEWS & VIEWS

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FEBRUARY COA: HEART HEALTHY HABITS FOR OLDER ADULTS

Heart disease is a major threat to senior health — in fact, 84 percent of people age 65 years and older die from heart disease. Though heart disease 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 lifestyle habits and a heart-healthy diet 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

Thursday, Feb. 13, 2020 • 2:30 p.m.
O'Connor Center, 611 Winona St.
FREE and open to the public

Degree in Nursing Science from the University of Cincinnati, and a Master's Degree in Education from Xavier University. 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. ■



Dr. Traci Vitori