

ELDER NEWS

MARCH/APRIL 2016

& VIEWS

OFFICE ON AGING
KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

MARCH FORTH TO PANCAKE FEST!

"We are so excited to have a new date, Friday, March 4, for the annual O' Connor Center fundraiser," said Center manager Sue Massingill of this longtime \$5 event held from 7 a.m. to 1 p.m. There will be an abundance of regular and gluten-free pancakes, sausage, orange juice, milk, and coffee.

The chef and team from UT Medical Center's Healthy Living Kitchen will once again be preparing the famous "Heart Healthy" pancakes that have been such a hit! Ticket price includes the "all you can eat" pancake menu and admission to other activities. Tickets can be purchased at the door.

Pancakes To-Go will be ready at 7 a.m. and can be picked up on your way to work to share with your employees or co-workers. Just call 523-1135 to place your order.

WATE-TV and WVLT-TV personalities will be on site at 5:00 a.m., inviting everyone to participate in the day's activities. Other local media personalities, both the city and county mayors, and other community leaders will be on hand to show off their pancake-flipping skills.

Pancake Fest is a great way to incorporate a meeting with a fun outing. There is limited space available for your group to hold its meeting while indulging in pancakes and sharing in the other activities planned for the day. To reserve your space, call 523-1135 and speak to Sue Massingill.

O'CONNOR CENTER PANCAKE FEST

Friday, March 4
7:00 a.m. - 1:00 p.m.
611 Winona Street
Tickets: \$5



The North Addition will be turned into a bargain hunter's delight with beautiful and affordably priced craft and specialty items. Center program leaders will also be on hand to promote a wide variety of activities.

Knox County also has a wide variety of services for senior adults. Many of these service providers will have informational booths at Pancake Fest to help you find the services you or your family may need.

As the Center's major fundraiser, Pancake Fest makes it possible for O'Connor to continue offering new and innovative programs in our community. ■

CELEBRATING 45 YEARS OF MOBILE MEALS

This year marks Mobile Meals' 45th year of serving hot, nutritious meals to Knox County seniors. Each March, Mobile Meals participates in the national Meals on Wheels campaign to generate public awareness about senior hunger and isolation and to celebrate our invaluable meal delivery services.



Mobile Meals sustains frail seniors with hot, nutritious meals and a daily check on their health and safety. The program delivers **more than 850 meals a day**, five days a week.

"We are blessed to have a corps of about 1,000 volunteers who deliver meals and perform other tasks year round," said Judith Pelot, Mobile Meals manager.

For years, the Knoxville, Knox County, and Farragut mayors have taken part in March for Meals by delivering good food and fellowship to seniors. They do this to raise public awareness of the issue of senior hunger and to get more folks involved in supporting our efforts.

This year, the mayors and other Community Champions will deliver meals on Thursday, March 10.

In addition to delivering meals, there are jobs for willing volunteers. Contact Mobile Meals at (865) 524-2786 or shelly.woodrick@knoxseniors.org. Visit our web site: www.knoxseniors.org/mobile.html and like us on Facebook at Knox County Mobile Meals to learn more. ■

FINDING MEANING AND VALUE IN LATER YEARS

The process of aging does not diminish an individual's quest and interest in life—but it does provide it with new designs and challenges accumulated over the years. Dr. Jerry Askew will take a look at what psychology, philosophy, and religion can teach us about the quest to find meaning as we approach retirement and beyond.

Plan to join us on **Thursday, March 10, at 2:30 p.m.** at the O'Connor Center for a joint meeting of the Council on Aging and Seniors for Creative Learning to hear Askew's talk, *Running Through the Finish Line: Finding Meaning and Value in Later Years*.

Askew is the senior vice president for external relations at Tennova Healthcare in Knoxville. Before that, he served as president and CEO of the East Tennessee Foundation. His career began in Knoxville in 1985 when he was appointed dean of students at the University of Tennessee.

Please mark your calendar and join us on March 10 for Dr. Askew's informative presentation. This meeting is **free** and open to the general public. ■



MARCH MEETING
Date: Thursday, March 10
Time: 2:30 p.m.
Place: O'Connor Center,
611 Winona Street

THE DIRECTORY: YOUR GUIDE TO SENIOR SERVICES

The CAC Office on Aging's *Senior Service Directory* is the essential tool when you are looking for services for an older adult. The "little yellow book," as it is known by its users, is invaluable when it comes to making decisions for yourself or for an older person you know.

At the front, the book has a section called the Action Guide that is a "primer" on aging services, explaining the basics in areas such as caregiving, consumer protection, elder abuse & exploitation, housing, legal services, medical insurance & financing, and much more. It's a great place to start for people who are new to aging services.

The majority of the book clearly lists vital services such as adult day services, case management, employment, home health care, housing, information & referral, medical insurance & financing, personal support services, and transportation, just to name a few.



The "yellow book" features large, easy-to-read print; small size that's easy to handle while holding a phone; and descriptions of the listed services to guide readers in their decision-making.

The advertisement section tells readers more about the services of the sponsors who made the directory possible. Be sure to thank the sponsors for providing this book to our community free of charge.

Finally, the thorough index at the back is an excellent way for users to find the services and topics they're looking for.

You can pick up copies at

- the Office on Aging
- the O'Connor Senior Center, and
- any branch of the Knox County Public Library.

The entire book is also available online at www.knoxseniors.org. ■

DUNCAN AWARDS, MAY 5: 15 YEARS

The Duncan Award for Senior Advocacy, named in memory of John J. Duncan, Sr., pays tribute to people in our community who uphold the same kind of steadfast support and advocacy of seniors and programs that serve older adults as were exhibited by the late congressman. This year marks the 15th anniversary of this signature event that serves as

*You are invited to the
John J. Duncan Sr. Award
for Senior Advocacy
Reception honoring
All Past Award Recipients*

Thursday, May 5, 2016

4:00 p.m.-6:00 p.m.

*The Pavilion at Hunter Valley Farm
9111 Hunter Valley Ln. • Knoxville, TN 37922*

Donations will be accepted at the door.

*Proceeds benefit Senior Citizens
Information & Referral Service.*

For information, call 546-6262.

the major fundraiser for Senior Citizens Information & Referral Service (SCIRS). The public is invited.

Come prepared to bid on exciting Silent Auction items and sample excellent food and beverages, while celebrating the hard work of our area's senior advocates.

SCIRS provides free information about services for older persons and persons with disabilities



who live in Knoxville or Knox County. The agency also provides referrals to these services when needed. ■

ARE YOU RAISING GRANDCHILDREN? MEET THIS SPRING!

Grandparents as Parents (GAP) holds monthly "roundtable" meetings in which the participants learn from guest speakers and from the experience of other members of the group. Grandparents and other relatives raising family children are encouraged to attend these roundtables, which are held on the last Tuesday of each month at 10 a.m. at the L.T. Ross Building, 2247 Western Avenue. These meetings are open to the public, to anyone interested in the topic, and to people who work in any role with relative caregivers.

At the March 29 meeting, Debra House, of Legal Aid of East Tennessee,

will discuss legal issues that face grandparents who care for their grandchildren, such as custody, adoption, guardianship, powers of attorney, public benefits, and juvenile court. There will be time afterward to speak to an attorney confidentially.

On April 26, Ally Taylor with the Metropolitan Drug Commission (MDC) will talk about drug activities in our area, reporting on substance abuse trends tracked by the MDC among local school-age children.

Please RSVP if you plan to attend. Call the Office on Aging front desk at (865) 524-2786. ■



CELEBRATING CENTENARIANS

In celebration of Older Americans' Month in May, the Office on Aging is coordinating a special tribute to area centenarians. Volunteers will visit people who have reached the age of 100-plus and present them with a beautiful rose.

The list of Knox County centenarians is growing! The Office on Aging predicts that nearly 50 individuals

who were born in 1916 or earlier will be honored this year. **If you know of someone who is 100-plus years of age, call Senior Citizens Information & Referral Service at 546-6262.** We will need the name, address, birthdate, contact person, and phone number for each centenarian. All information will be kept confidential. ■

ADOPT-A-SENIOR SPONSORS DECEMBER 2015 & JANUARY 2016 DONATIONS

ADOPT-A-SENIOR DONATIONS

Barbara Abner
American Technical Associates, Inc.
Dr. & Mrs. Tom Anderson
Anonymous (74)
Kyle Armstrong
Neil Armstrong
Richard & Joyce Arthur
Ron Austin
Kandice Bewley Baker
Midori Barstow
Richard & Barbara Bashford
L.R. Bauer
Bearden UMC, United Methodist Women
Ron & Jeanne Beatty
Beaver Creek Cumberland Presbyterian Church, Searchers SS class
Teresa Bennett
Paul Berney
Mikeal Berry
Harry & Michelle Bishop
Jeanne Bishop
John & Debbie Black
John & Lynn Blackburn
H.T. & Linda Bolen
Elmer & Brenda Bonk
James & Mary Bonomo
Howard Boring
Margaret Brackins
Alan & Dianna Brizzolara
John & Dinah Brock
Joyce Brown
Gaile Caudle
Harold Clemmons
Robert Collier
Carol Conklin
Consolidated Nuclear Security, LLC
Y-12 ABC Committee
Donnie & Cindy Corum
Tom & Mindy Coulter
Sheryl Cox
Daughters of Penelope Chapter 370
Tom & Susan Davies
Decks and More
Democratic Women of Knoxville
Margaret Denney
Jim & Judy Derrick
S.L. Doak
Shirley Warren Draper
Trudy N. Dreyer
Don & Nancy Dunning
Daniel Duzan
Pauline Eastham
Betty Eastin
Erin Presbyterian Church
Lisa Eudy
Jo Evans
Thomas P. Evans
Farragut Presbyterian Church
Tom & Kris Ferriter
First UMC, Pilgrimage SS class
Kim Fitch
Nancy J. Fitchpatrick
Charles & Ann Fleenor
Reeta Fletcher
Freedom Christian Academy, Jan
Dicken's 8th Grade Class
Paul Galloway
John & Carole Galyon
Dan & Nancy Gaubas
Mark & Nan Gaylord
Albert Gill
Carole Gobert
Beverly Gooch
Carol Goris
Dawn Graham
Richard Graham
Jack & Katherine Griffin
Donald Grizzle
Mike & Jo Ann Guidry
Prabha Gupta
Derek & Regina Guy
James Harrelson
Mary Hartsook
Betsy Haughton
Bettye Hawkins
Jack & Lisa Heck
Fred Heitman
Ruben Hernandez

Jerry & Janie Herrmann
Amy Morris Hess
Howard Kenneth Hicks, Jr.
Hillcrest UMC, UMW
Brian Hobock
Edna Hodge
John Hodges, III & D.J. Wilson
Jeff Hodgson
Norma Holmes
Jack Holt
Marjorie Hoosier-Lyke
Johnny & Betty Horton
Paul & Glenda Houston
Richard & Jackie Imbrey
Carla Isdal
David & Janice Ishee
Emma Jackson
Richard & Rebecca Jenkins
Jewels by Park Lane, Inc.
Warren Johnson
Susan Jones
Peggy Kattine
Arlene Katz
Bruce and Lena Kennedy
Bennie & Sarah Kerley
Sherry King
Jay & Susan Kohlbusch
Elaine Kreil
Dan Kuzma
Carol Lamom
Lane Family Foundation, Inc.
Lowell & Joan Langford
James & Darlene Lara
J.S. & Julie Lawler
Richard Ledyard
Debbie Lowe
David Loyd
Lynn Sanford Construction, Inc.
Drew & Betty MacDonald
Viola Mason
Thomas McDaniel
John and Lisa McElligott
Cindy McIlvaine
Jerry & Judy McKenzie
Rudolph & Janice McKinley
Bob McLean
Victoria McNailey
Robert Mee
Carol Miller
Craig & Amy Miller
Steven & Sara Miller
W.H. & Patricia Miller
James Montague, Jr.
Vasudevan & Savithry Mooss
Laura-Eve Moss
David & Barbara Myers
James Nance
Marie Norman
Helen Roehl O'Connor
Office of Disability Adjudication & Review, Employees' Charitable Fund
Martha J. Olson
Davis & Christy Overton
Sterling Owen, IV
Gary & Nancy Parisi
David & Sonya Parker
Reuben & Judith Pelot
Marie V. Perelman
Madelon Perreault
Kenny & Tina Phillips
Michael Plummer
Judy Poulson
David & Patty Powers
Patricia Radford
Christopher Ramsey
Brad Rayson & Beth Eason
Gary Reid
Mr. & Mrs. G.W. Renfro
Patricia Rennie
Lanoka Rhodes
John & Patty Richardson
Natalie Robinson
Bill & Bonnie Rogers
Charles H. Rosenfelder
Joan Rozek
Aileen Russell
Dennis & Sally Russell
Wade Saye
Sharon Scarbrough
Cynthia A. Serbin
Anonymous
Zahid Sheikh

George P. & Julia B. Shiflett
Craig Smith
Smoky Mountain Antique Engine & Tractor Association
Smoky Mountain Quilters Tuesday Bee
Smoothy LLC
John & Wanda Sobieski, Jr.
South Knoxville Community Center,
Young at Heart Club
Standing Ovation
Barry Steele
Jack Sterling
Gipsy Stewart
John & Debbie Stinnette
Kaye P. Stoneking
Streamline Environmental of TN LLC
William C. Summers
David & Susan Suter
Laura Tappan
The City-Wide Service Club
The Glowing Body
The Great Wall
The Melrose Foundation, Inc.
Bruce & Diana Tonn
J.C. and Opal Turnmire
Sandra Twardosz
Mikel & Lakeisha Walker
Marvin Walton
Jack & Patricia Watson
Earl L. Wehry, Jr.
Harold Whedbee
Joyce Wheedon
Pat Williams
Jerry A. Wiseman
James & Virginia Wood
Sylvia Woods
Anna Yoder
Dave Yoder

IN MEMORY OR HONOR

In Memory of Robert & Toodle Adcock
Colin & Debbie Moskal
In Memory of Jo Beahm
Walter Beahm
In Memory of Thomas R. Bell
Anonymous
Kirby Bell
Marty & Ann Brown
Andrea Burton
Jefferson Chapman
Bill & Donna Cobble
Steiner & Ellis, PLLC
Al & Linda Underwood
University of Virginia, Graduate Medical Education
In Honor of Eddie & Becky Benson and in Memory of Charlie & Billie Benson
Bethany Vananda
In Honor of G. Patrick Berney
Daniel & Betty Berney
In Memory of Vaughtie H. Blankenship
Emma Edmonson
In Honor of Margaret Blombach
Allan & Donna Ellstrom
In Memory of Jack Bondurant
Dr. & Mrs. Reuben Pelot, III
In Memory of Dr. T.K. Boone
Elizabeth Luton
In Honor of Jim & Pat Braden and Rodney & Sheryl May
Rebecca Walden
In Honor of Nellie Brown
Carla Goins
In Honor of Jacqueline Buchanan
The Angelus Association
In Memory of Betty Byron
Anonymous
In Memory of Phyllis Campbell
Anonymous
In Honor of Campbell Station Bunco Girls
Linda Calloway
In Memory of Thelma Carrington
Marilyn Carrington-Davidson
In Memory of Charlotte
Wanda Wilkerson
In Honor of Cindy & Clark
Anonymous
In Memory of Pat Collins
Anonymous
In Memory of Ruth Courtney

Jerry & Pat Wrinkle
In Memory of Ione Goff Cristil
Patricia Cristil
In Honor of Dr. William C. Crowder
Anonymous
In Memory of Mary DeArmond
Janice Rutherford
In Memory of Betty Delaney
Charlene Barnes
In Honor of Wilbur & Lavonne Dennis, Gary & Becky Dennis and Roby & Ethel Hartley
Ed & Carol Taylor
In Memory of Aurelia Dickey
Mark & Helen Dickey
In Memory of Zaeveion Dobson
Anne Coleman
Harriet Miller
Gary & Patti West
In Memory of Bill Dodson
Damaris Olsen
In Memory of Richard Dougherty
Ernestine Dougherty
Rue Dougherty
In Memory of Marie Draudt
Chad Pryson
In Memory of F.H. Farrar
William & Norene Stallworth
In Honor of Faye
Anonymous
In Memory of Clara Jean Fitzgerald
James & Ellen Fitzgerald
In Memory of Dorothy Gilliland
Brenda Miller
In Honor of Virginia Gorski
Greg Volrath
In Memory of Felicia Gourdin
Kay Luttrell
In Honor of Jim & Angie Green
William & Carolyn Griffin
In Memory of James R. Hammer
Carolyn Hammer
In Memory of Margie Hancock
Mark & Diana Messel
In Honor of Mr. & Mrs. James A. Haslam II, Mr. Fred Wallace, Mr. James F. Smith, Mrs. Clyde Maynard, Mrs. David McWhorter, Dr. & Mrs. Alex Robinson, Mr. & Mrs. Henry Bertelkamp, Dr. & Mrs. Earl Keister, Mr. & Mrs. Thomas Ayres, Mrs. Robert Rinearson, Mr. & Mrs. John Testerman
Anonymous
In Memory of Elbert Heft
Gail Lewis
In Memory of Grace Honadel and Joyce Bishop
Kathleen Davis-Adams
In Memory of Alvin Horne
Doug Horne Horne Properties
In Memory of Fred A. Humphrey
Imogene Posey
In Honor of Shirley Ingram
Anonymous
In Honor of Bill & Pat Irby
Patricia Cheadle
In Memory of Sterling & Mary Jones
Cheryl J. Hall
In Memory of Anthony A. Kattine, M.D.
Stuart Van Meter
In Memory of Moira Kaye
Chris & Mari Brooks
In Memory of R.D. Keck
Christina Tippens
In Memory of Irma Keith
Phil & Fran Keith
In Memory of Rita A. Kelleher
Jeanette Kelleher and Gregory Stein
In Memory of Ruth M. Koren
James Koren
In Honor of Aguilla Lee
Joan Blankenship
In Memory of Steve Letsinger

Anonymous
In Memory of George & Gladys Lunsford
Gloria Ann Lunsford
In Memory of Gayle McBee
Karen Bradley
In Memory of Phillip Ray McClain
Brown & Julie Tate
In Memory of Kenneth Mills
Vivian Mills
In Honor of Mobile Meals staff
R.F. and Joan Regester
In Honor of Mobile Meals staff & volunteers
Roy Copping
In Memory of Barbara Monty
Carolyn Corley
Dwight & Gloria Kessel
In Memory of Barbara Monty and Ruth Martin
Jamie Harris and David Massey
In Memory of Helen Moore
Anonymous
In Memory of Melba Morton
Bryan & Susan Eaves
In Memory of Charlie & Jeanne O'Connor
Patrick & Mary Yochim
In Memory of Parker Bros. Hardware
Linda Lee
In Honor of Robert & Barbara Patterson
Julie Cornell
In Memory of Emma Peltier
Nancy Peltier
In Memory of Kay Petrone
Jim & Dorothy Petrone
In Honor of Grace Phillips
TelecomPioneers
In Memory of Virginia & Bertram Raskin
Ina Sue Groves
In Memory of Wade Rice
Sandra Rice
In Memory of Paul Robertson
Berry Distributing Company
In Honor of Ms. Cradia Romaine
Buddy Baez
In Memory of Margaret Scott
Anonymous
In Honor of Virginia Shaffer
Karen Hylton
In Memory of Carl 'Gene' Shular
Anonymous
In Memory of Andrew J. Smith
Anonymous
In Honor of South 1 and 3 Mobile Meals participants
Larry & Carolyn Proctor
In Memory of Clara Stansberry
Fort Hill Baptist Church
Kenneth & Delsie Stansberry
In Memory of Esther Stevens
Anonymous
In Memory of Hooper & Sue Stiles
Susan Stiles Wilson
In Memory of Larry Stinnett
Virginia Stinnett
In Memory of Janelle Stueck
Michael Burke
In Memory of Sam Sullivan
Nancy Ray & Anne Harvey
In Honor of Michael & Becky Swanger
Anonymous
In Honor of David & Sharon Taylor, Nick Johnson, Lyndsey Johnson and Thomas Taylor
Richard Licht
In Honor of Betty Thacker
Fountain City Presbyterian Church, Waystation SS class
In Memory of Carol Wolfe
Mary Ilgen
In Honor of Mr. & Mrs. Duane Yeazel
Patricia Cowan

ONE SENIOR FOR ONE YEAR

Anonymous (3)
Barbara Butler
Arthur Cathers
Norma Cox Cook
Robert & Honerlin Del Moro

Fairmont Presbyterian Church
Pamela Fansler
First Tennessee Foundation
Merrit Heminway
Stefanie Hess
Mark & Sally Hester
John & Margaret Jansen
William D. & Dr. Sally C. Johnson
Richard & Carol Jones
Sandy Kehne
Pilot Corporation, Employees Jeans Day
Lanoka Rhodes
Stephen Robertson
Anne Rochester
Rogers Memorial Baptist Church,
Gerleter Harshaw Fund for the Needy
Philip Schrader
Walters & Mason Retail, Inc.

ONE SENIOR IN MEMORY OR HONOR

In Honor of Mrs. J.S. Bell, Mr. & Mrs. Jim Haslam II, Mr. & Mrs. John Ward, Mrs. Harry Stowers, Mr. & Mrs. Tom Midyett, Mr. & Mrs. Bill Arant, Mrs. Frank Tucker, Mrs. Tom Wynegar, Dr. & Mrs. Sam Bills, Mr. & Mrs. Gene Koonce, Mr. & Mrs. Glenn Bullock, Mrs. Gerry Peagler, Mr. & Mrs. Harold Bell, Dr. & Mrs. Sumner Bell, Mr. & Mrs. David Reynolds, Mrs. Gerry LeVan, Mr. & Mrs. Joe Pryse, Mrs. Rachel Smith, Mr. & Mrs. Bob Patterson, Mrs. Richard Bowen, Mr. & Mrs. Frank Myers, Mrs. Ben Williamson, Mr. & Mrs. Don Vowell, Mrs. Lee Congleton, Sr., Mrs. Ross Faires, Kim Cochrane, Vickie Welch, Sis Mitchell, Bob & Marnie Page
Aggie Bell
In Honor of Mrs. Ross Faires, Mr. & Mrs. David Moon, Dr. & Mrs. Clifford Johnson, Dr. & Mrs. George Kristle, Mr. & Mrs. David Smith, Mr. & Mrs. Hiram Tipton, Cathy Ackermann & Tommy Walker and Dr. & Mrs. Ronald Rimer, Mr. & Mrs. Robert Withers
Sherri Parker Lee
In Memory of Dr. John Fisher
Audrey Duncan
In Memory of Margie McConkey
Anonymous
In Memory of parents
Lafayette & Janice Williams
In Honor of Earl Willox
Allison Coggin

TWO SENIORS FOR ONE YEAR

Anonymous (2)
Asbury UMC, Fall Festival
Central UMC
East Tennessee Foundation,
Packard Fund

TWO SENIORS IN MEMORY OR HONOR

In Memory of Grace Curington
Anonymous
In Honor of Matt Killingsworth, Kristin Dixon, George Dixon and Spencer Brasseaux
Jim & Kathy Killingsworth

THREE SENIORS FOR ONE YEAR

Charles & Wilma Chadwell

THREE SENIORS IN MEMORY OR HONOR

In Memory of Dr. Joseph K. Orr, Margaret S. Orr and Elsie S. Gray
Mr. & Mrs. Thomas M. Ayres

FIVE SENIORS FOR ONE YEAR

Mike & Judy Goodin

SIX SENIORS FOR ONE YEAR

ALSTOM Power INC

14 SENIORS FOR ONE YEAR

James A. Krug

O'CONNOR SENIOR CENTER SCHEDULE - MARCH/APRIL

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 on Friday, March 25, for the Spring Holiday.

Please participate in this year's Pancake Fest, at the O'Connor Center on Friday, March 4, 7 a.m.-1 p.m.
No classes will meet on March 4.

APRIL PROGRAMS

AAA Driver Safety Program: Monday, April 4. Please call Kate Fleming at 862-9254 for information and to register for this one-day refresher course.

AARP Driver Safety Program: The Smart Driver Course will be offered Wednesday & Thursday, March 23 & 24. Call Carolyn Rambo, 382-5822, for information and to register for the two-day refresher course.

Art Exhibition, Reception, and Open House: Thursday, April 28. Enjoy this Art Festival event featuring O'Connor artists' work! The show, entitled *Illusions, Abstract to Realism*, is open to the public.

Arthritis Foundation Exercise—Advanced, with good physical exertion: Tuesdays & Thursdays, \$2/class.

Arthritis Foundation Exercise—Basic, seated exercise with limited physical exertion: Tuesdays & Thursdays, \$1/class.

Ask-a-Pharmacist: Thursday, April 7. Jay Wyrick, Walgreens pharmacist, will answer questions.

Bingo: Wednesdays. Bring a new \$1-\$2 gift to be shared as a prize. \$1 donation appreciated.

Blood Glucose Checks: Thursdays. 12-hour fast recommended; sponsored by Accu-Chek. \$1.50/check.

Blood Pressure Checks: Mon.-Fri., 10:30 a.m.-11:30 a.m. Tues. checks by Quality Home Health Care; Thurs. checks by Priority Ambulance.

Camera Club: Wednesdays, March 16 & April 20. Instructor: Shawn Poynter, photojournalist.

Brain Games: Wednesdays. Come and play the game of the day! Everyone welcome.

MARCH & APRIL COMPUTER CLASSES

A limited number of tablets and computers are available for use in class. Please indicate need when you preregister and prepay. All classes are from 10 a.m. to noon. Class size is limited.

iPad/iPhone Beginner Class: Tuesday–Wednesday, March 1 & 2, and Monday–Tuesday, April 4 & 5. Learn the basics. Cost: \$25.

Facebook Class: Thursdays, March 3 & April 7. Create your page and learn the basics. Cost: \$15.

Galaxy/Android Phone or Tablet Class: Monday–Tuesday, March 28 & 29, and April 18 & 19. Class covers basic skills. Cost: \$25.

iPad/iPhone Advanced Class: Monday–Tuesday, March 21 & 22, and April 11 & 12. Learn advanced skills. Cost: \$25.

Pinterest/Twitter/Instagram: Wednesday, March 23, and Monday, April 25. Learn how to set up accounts and use these social media. Cost: \$15.

Creative Endeavors: Mondays, March 7 & April 4. A cooperative effort to develop, enhance, and advance the creative endeavors of seniors at the Center and to offer educational and promotional opportunities to support these goals.

Creative Writers Workshop: Mondays, March 14 & 28, and April 11 & 25. Join Barbara Stephens to learn to expand your vocabulary and record your thoughts, poems, stories, dreams, and life experiences for future generations.

Cribbage & Board Games: Tuesdays. Enjoy the fellowship and “light” competition with friends! Newcomers welcome.

Council on Aging/Seniors for Creative Learning: Thursday, March 10, Dr. Jerry Askew, vice president of external relations, Tennova Healthcare, will present *Running Through the Finish Line: Finding Meaning and Value in Later Years*. On Thursday, April 14, Jack Neely will present *The Knoxville Story: What Makes Knoxville Different from Other Places*. Both meetings are open to the public.

Diabetes Support: Friday, March 11. Susan Fowlkes, Knox County Health Department, will present info, answer questions, and provide encouragement to those whose lives are touched by diabetes.

Diabetes Sweet Spot: Friday, April 8. Mac's Pharmacy representatives will be here to share *A Grocery Guide for Diabetics* that will help you make better choices as you shop for groceries.

Dream Analysis Class: Tuesday/Thursday, April 19 & 21, and Tuesday/Thursday, April 26 & 28, at 1:30 p.m. Join Dr. Pratibha Dabholkar, retired UT professor, to learn to interpret your dreams as a new way to understand yourself and enrich your life. Class size is limited; please call to register for this class. You must attend all 4 sessions. If you have a question about the class, please email Dr. Dabholkar at pratibha@utk.edu.

Earth Science: Mondays. March 7, Dr. Daniel will teach about *Storm Water Management*. April 4, Dr. Kula Chandra Misra will focus on *The Energy Situation in the United States*.

Fabric Painting: Mondays, March 14 & April 11. Yvonne Fields teaches the art of fabric painting!

Flower Lovers Club: Thursday, April 7. Spring Flowers will be the topic.

Forever Young Singing Seniors Ensemble: Tuesday rehearsals for this group that performs at smaller venues.

French: Tuesdays. Opportunity to enjoy learning another language; being fluent is not required!

Fun Film Fridays: Movie and popcorn at 12:30 p.m. Titles will be listed in the *Sunday News Sentinel's* Weekly Update.

Gift Shop: Open daily from 10 a.m.-2 p.m. Gift Shop members' handcrafted treasures are available for sale. New crafters are invited to join; the yearly membership fee is only \$10. Details available!

Greenhouse: Tuesdays and Fridays are work days in the greenhouse; come and enjoy working with the other gardeners. Watch for plant sales on Wed. mornings in the spring and at Pancake Fest!

Happy Hikers: Thursdays. Newcomers are always welcome; please call Carrie Roller, 719-1604, if you are interested in attending a hike, or for more information. Please meet as noted, or at the trailhead at 10 a.m.

March 10 Chestnut Top to Schoolhouse Gap, 7.5 miles; meet at trailhead at 9 a.m.

March 17 John Muir Trail #1521, 6 miles

March 24 Norris River Bluff Trail, 4 miles; meet at Visitor Center at 9:45 a.m.

March 31 Lead Cove to Bote Mountain, 7 miles; meet at trailhead at 9:30 a.m.

April 14 Porters Creek Trail to Fern Branch Falls, 4-7 miles

April 21 Black Mountain, 4 miles

April 28 Max Patch, 6 miles

Happy Hikers/Thursday Walkers: These less difficult 2-mile hikes/walks are open to anyone. Call Joyce Dukes, 525-2540, for more info.

Harrah's Trip: Tuesdays, March 8 & April 5. Light refreshments at 7:30 a.m. with departure promptly at 8 a.m. Cost: \$30/person. Contact Frankie Hicks at 525-1475 for more information.

Health and Humor: Wednesdays. Time to laugh **at** and **with** Nurse Claudia while participating in a healthy, humorous, and informative discussion!

Hearing Aids—Checked and Cleaned for Free! Tuesdays, March 1 and April 5. A Beltone rep will be available to check and clean hearing aids. No appointment necessary.

Income Tax Preparation: Free tax preparation every Wednesday, March 2–April 13. First come, first served. Center doors open at 8 a.m. Preparers start at 9 a.m. Call the Center for a list of documents to

O'CONNOR, CONTINUED ON P. 8

MARCH 2016 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
<p>Internet Café Open daily 8:30 am- 4:30 pm Check out a a laptop or tablet and have fun learning how to use it!</p>	<p>1 10:00 Beg iPad/iPhone 12:00 Hearing aids cleaned 1:30 Tea Dance</p>	<p>2 9:00 Income Tax Preparation (Wednesdays until April 13) 10:00 Beginning iPad/ iPhone class</p>	<p>3 8:30 BLOOD GLUCOSE Checks 10:00 Facebook </p>	<p>4 PANCAKE FEST Regular programs canceled! 7:00 a.m.- 1:00 p.m.  Craft Fair—Entertainment</p>
<p>7 10:00 Earth Science 10:30 Loss and Life Changes 11:30 Creative Endeavors 2:00 Investment News</p>	<p>8 8:00 Harrah's Trip 1:30 Afternoon Dance </p>	<p>9 12:00 Brain Games 10:00 Advanced Painting 12:30 Beginning Painting</p>	<p>10 12:00 COA Executive Committee 1:00 SCL 2:30 Council on Aging & SCL Joint Meeting</p>	<p>11 10:00 Diabetic Support 12 7:00 pm St. Patrick's Dance w/ David Correll Band </p>
<p>14 9:30 Creative Writers 10:00 Veterans Q & A 12:00 Lunch & Learn 1:30 Fabric Painting</p>	<p>15 Green Thumbs needed in the Greenhouse on Tues- days & Fridays, 9 am</p>	<p>16 9:00 Advisory Board 9:00 Toenail Clipping 10:00 Camera Club</p>	<p>17 2:00 With Hope in Mind</p>	<p>18 7:00 pm DJ Dance </p>
<p>21 10:00 Advanced iPad/ iPhone class </p>	<p>22 10:00 Adv. iPad/iPhone 12:00 Lunch & Learn</p>	<p>23 10:00 Pinterest/Instagram/ Twitter Class  12:00 AARP Driver Training</p>	<p>24 Mammogram Van (Appointment Needed) 12:00 AARP Driver Training </p>	<p>25 Spring Holiday Center Closed </p>
<p>28 9:30 Creative Writers 10:00 Galaxy/Android Class 12:00 Lunch & Learn 1:00 Market Group</p>	<p>29 10:00 Galaxy/Android Class</p>	<p>30 12:15 Health & Humor 1:30 Bingo </p>	<p>31 9:30 Thursday Walkers 10:00 Happy Hikers </p>	<p>BLOOD PRESSURE CHECKS DAILY 10:30—11:30 am</p>

RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:45 Advanced Senior Cardio 10:00 Party Bridge, Water Aerobics 10:30 Loss & Life Changes Support Group 1:30 Intermediate Line Dance</p>	<p>9:00 Greenhouse, Quilting, Tai Chi 9:45 Singing Seniors 10:00 Basic Arthritis Exercise, French, Party Bridge, Singing Seniors, Tai Chi Practice, Water Aerobics, Yoga 11:00 Advanced Arthritis Foundation Exercise 1:00 Cribbage/Table Games, SCL 1:30 Afternoon Dancing, Forever Young Ensemble 2:30 SCL</p>	<p>8:30 Adv Open Painting 8:45 Advanced Senior Cardio 9:00 Income Tax Prep, Cadet Band Practice 10:00 Adv. Painting, Concert Band Practice, Party Bridge, Water Aerobics 12:00 Belly Dance, Brain Games 12:15 Health & Humor 12:30 Beginning Painting, Texas Hold 'Em 1:30 Beginning-Beginning Line Dance, Bingo 2:00 Beginning Line Dance 2:30 Beg. Open Painting</p>	<p>8:30 Blood Glucose Checks, Piano Lessons 9:00 Knitting & Crocheting, Tai Chi 10:00 Basic Arthritis Exercise, Cards & Brain Games, Tai Chi Set Practice, Thursday Walkers, Water Aerobics, Yoga 11:00 Advanced Arthritis Foundation Exercise 11:20 Seated Yoga 1:00 SCL 2:30 SCL</p>	<p>9:00 Greenhouse, Woodcarving 10:00 Water Aerobics 11:00 Italian, Beginning Spanish 12:30 Fun Film Friday 1:00 Jam Session Billiards Room Open Monday—Friday 8:30 am-4:30 pm</p>

APRIL 2016 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
BLOOD PRESSURE CHECKS DAILY 10:30—11:30	Play in the dirt in the Greenhouse on Tuesdays and Fridays at 9:00 am!	Doors Open at 8:00 for 9:00 Income Tax Preparation on Wednesdays, April 6 & 13	8:30 Blood Glucose Checks	9:00 LawTalk 10:00 Matter of Balance 12:30 Living Well with Chronic Conditions
4 8:30 AAA Driver Training 10:00 Beg. iPad/iPhone 10:00 Earth Science 11:30 Creative Endeavors	5 8:00 Harrah's Trip 10:00 Beg. iPad/iPhone 12:00 Hearing aids cleaned 1:00 & 2:30 SCL 1:30 Tea Dance	6 12:00 Belly Dance 12:00 Brain Games 	7 9:30 Ask-a-Pharmacist 10:00 Facebook 2:00 Flower Lovers 	8 10:00 Diabetic Sweet Spot 9 Dogwood Dance w/ Mood Swing Band
11 9:30 Creative Writers 10:00 Adv. iPad/iPhone 10:00 Veterans Q & A 12:00 Lunch & Learn 1:30 Fabric Painting	12 8:30 Toenail Clipping 10:00 Adv. iPad/iPhone 1:00 Cribbage/Table Games	13 9:00 Income Tax Prep Final Day! 9:00 Toenail Clipping	14 Spring Fling & Bake Sale 10:00 am to 4:00 pm 2:30 Council on Aging & SCL Joint Meeting	15 7:00 pm DJ Dance 
18 10:00 Galaxy/Android Class 	19 10:00 Galaxy/Android Class 1:30 Dream Analysis Class	20 9:00 Advisory Board 10:00 Camera Club 12:05 Smokies Baseball and Brunch	21 10:00 Happy Hikers & Thursday Walkers 2:00 With Hope in Mind	22 11:00 Italian Class 11:00 Beginning Spanish 1:00 Jam Session
25 9:30 Creative Writers 10:00 Pinterest/Twitter/Instagram 12:00 Lunch & Learn 1:00 Market Group	26 10:00 KAT City Bus Q & A 10:00 Singing Seniors Concert 	27 8:30 Adv. Open Painting 12:00 Belly Dance	28 Art Show & Open House Illusions—Abstract to Realism 4:00 pm to 6:00 pm	29 12:30 Fun Film Friday 

RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45 Senior Advanced Cardio 10:00 Party Bridge, Water Aerobics 10:30 Loss & Life Changes Support Group 1:30 Intermediate Line Dance	9:00 Greenhouse, Tai Chi Quilting 10:00 Basic Arthritis Foundation Exercise, French, Party Bridge, Singing Seniors, Tai Chi, Set Practice, Water Aerobics, Yoga 11:00 Advanced Arthritis Foundation Exercise 1:00 Cribbage/Table Games, Forever Young Ensemble 1:30 Afternoon Dancing	8:30 Adv. Open Painting, Income Tax Prep 8:45 Senior Advanced Cardio 9:00 Cadet Band Practice 10:00 Advanced Painting, Concert Band Practice, Party Bridge, Water Aerobics 12:00 Belly Dance, Brain Games 12:15 Health & Humor 12:30 Beginning Painting, Texas Hold 'Em 1:30 Beginning-Beginning Line Dance, Bingo 2:00 Beginning Line Dance 2:30 Beginning Open Painting	8:30 Blood Glucose Checks, Piano Lessons 9:00 Knitting & Crocheting, Tai Chi 10:00 Basic Arthritis Exercise, Cards & Games, Tai Chi Practice, Thursday Walkers, Water Aerobics Yoga 11:00 Advanced Arthritis Exercise 11:20 Seated Yoga	9:00 Woodcarving 10:00 Water Aerobics 11:00 Italian, Beginning Spanish 12:30 Fun Film Friday 1:00 Jam Session Billiards Room Open Monday—Friday 8:30 am-4:30 pm

O'CONNOR, CONTINUED FROM P. 5

bring, including last year's tax return.

Internet Café: Open daily; enjoy trying out tablets and laptops in this comfortable space.

Italian Language Class: Fridays. Join Tom Whisman as he teaches Italian language and culture.

KAT City Bus Q & A: Tuesday, April 26, Knoxville Area Transit staff person answers *How to? Where? Why?* questions.

Investment News: Monday, March 7. John Smartt, Jr., *Your Investment Questions*.

Knitting & Crocheting: Thursdays. Open to anyone at any level. Instruction: Linda Costner.

Knoxville Comprehensive Mobile

Mammography Van: Thursday, March 24. Call 583-1003 to "just get it done!"

Law Talk: Friday, April 1. Free seminars presented by the Knoxville Bar Association, with refreshments provided by East Tennessee Personal Care Service. 9 a.m., Wills & Estate Planning; 11 a.m., Consumer Rights and Responsibilities. Register at 522-6522 or online at www.knoxbar.org.

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

Living Well with Chronic Conditions: Fridays, April 1 - May 6. Beth LaFontaine, community health coordinator, UT Medical Center, will present course. Class size is limited.

Loss & Life Changes Support Group: Mondays. Pat Green with Tennova Hospice listens to concerns and offers encouragement.

Low Vision Group: Wednesday, April 20: Group will attend the Smokies Brunch & Baseball Game. Tuesday, April 26: Group will attend the Singing Seniors Spring Concert. Call the Center for details.

Lunch & Learn: Lunch is provided if you call to make reservations by Thursday of the previous week.

Monday, March 14, *Aging and Your Oral Health*. Dr. Freeman will have tips to improve oral health.

Tuesday, March 22, *KAT City Bus System Then & Now*. Anne Victoria will share the history of the Knoxville bus system!

Monday, March 28, *Lifestyle Medicine*. Bill Satterly from Cause and Effect Natural Pharmacy will discuss the importance of taking responsibility for one's own health; it's okay to ask questions!

Monday, April 11, *Heart Rhythm Disorder*. Dr. Lawrence Lee, Cardio Thoracic Surgery, UT Medical Center.

Monday, April 25, *Song Birds Across America*. Roger Givens, a professional photographer, will share his slide presentation.

Market Group: This and That Sale, May 4! Details of the sale will be discussed at the March 28 and April 25 meetings. Attendance at 3 meetings is

required to participate in the sale; call Caroline Tate if you have questions.

Matter of Balance: Literature sponsored by East Tennessee Personal Care Service. Fridays, April 1-May 20. This 8-week course, taught by Beth LaFontaine, community health coordinator, UT Medical Center, will highlight practical strategies to prevent falls. Space is limited; preregistration is a must. Call today!

O'Connor Center Band (Cadet for Beginners & Concert for Advanced): Wednesdays. Band director Linda Edwards provides encouragement and direction to newcomers and pros alike! No experience is necessary, and newcomers are welcome! Some instruments are available.

Painting (Advanced & Beginner): Wednesdays. Class begins March 23. Instructor: Ann Birdwell. Cost: \$40 for 10 weeks. Space is limited. You can work in oils, acrylics, or watercolors. Call to register; class fee due by first day of class.

Party Bridge: Monday-Wednesday. Call for information and to get on the substitute list.

Piano Lessons: Thursdays, March 31-May 5. Jean Osborne, director of the Singing Seniors, offers any level individual lessons for seniors. You must have a piano or keyboard to practice on. Cost includes a materials fee for music and a \$5 weekly donation.

Quilting: Tuesdays. Enjoy fun and fellowship while learning to quilt. If you have tops that need to be quilted, please call for information.

Senior Advanced Cardio: Mondays, Wednesdays. Covenant-led low impact aerobic class with an increased level of intensity and strenuous workout. Cost: \$2-\$3/class, depending on class size.

Seniors for Creative Learning (SCL): Partnership between the Center and UT Department of Personal & Professional Development, with lectures on Tues. & Thurs. in March & April, at 1 p.m. & 2:30 pm. Call 974-0150 for info and to register.

Singing Seniors: Tuesdays. Rehearsals weekly and performances at various venues in the spring.

Singing Seniors Spring Concert: Tuesday, April 26. This concert begins promptly at 10 a.m. Come early to enjoy refreshments and get a good seat. Bring your friends to enjoy this performance!

Smokies' Baseball Game & Brunch: Wednesday, April 20. Senior Day at Smokies Stadium! Reservations are required. Fee covers the brunch and ticket cost; meet at the Center; transportation will be available. Call the Center for information and to register before Wed., April 13.

Spanish-Beginner: Fridays. Instructor Bonito Lopez Abarca leads this basic class for beginners.

Spring Fling & Bake Sale: Thursday, April 14. The Creative Endeavors sale. Save the date!

Taoist Tai Chi Classes and Set Practice: Tuesdays and Thursdays. Group continues to welcome new

members and provides opportunities to improve mental health as well as balance and coordination.

Texas Hold'em: Wednesdays. Fun for both experienced and inexperienced card players. Cost: \$2/class.

Toenail Clipping by Appointment Only: Wednesday, March 16, with cosmetologist Kelli Jobe. Tuesday, April 12, with Dr. Carol Akerman; Wednesday, April 13, with Kelli Jobe. Cost: \$12; please call 523-1135 to schedule an appointment.

Veterans Services: Mondays. March 14 and April 11. A VA representative will be here to answer questions about benefits and other matters for veterans and family members.

Water Aerobics: Monday-Friday, 10:00 am. Classes are held at the Cansler Family YMCA. Please come to the O'Connor Center to complete paperwork and to sign in before beginning class. Cost: \$2/class.

With Hope in Mind: Thursdays, March 17 and April 21. This group offers support to families and friends dealing with various mental illnesses. For more information please contact Gerald Segroves at 523-7284.

Woodcarving: Fridays. Open to all, regardless of experience. Instruction is available.

Yoga, Tuesdays & Thursdays, 10 a.m., with Seated Yoga on Thursdays at 11:20 a.m. Classes held at the YMCA. Please come to the O'Connor Center to complete paperwork and to sign in before beginning class. Cost: \$3/class.

Dance Classes - Cost is \$2/Class.

Beginner- Beginner Line Dance: Wednesday. For those without any experience.

Beginner Line Dance: Wednesdays. For the person with some line dance experience.

Belly Dance: Wednesdays. For everyone—a fun way to exercise; taught by Rusty Rosiland.

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

Dances - Cost varies per dance.

Dance Club Meeting is April 9, 6:35 pm.

Afternoon Dancing: Each Tuesday.

Tea Dance: First Tuesdays: March 1 and April 5.

3rd Friday Night Dances: March 18 and April 15. An "all type" dance with a special DJ from Pro-Audio Mobile DJs, great music, refreshments.

2nd Saturday Night Ballroom Dances, with refreshments: March 12: *St. Patrick's Dance* with David Correll Band; April 9: *Dogwood Dance* with the Mood Swing Band.

OOA PROGRAM CONTRIBUTORS

Gift of Sight, Hearing & Dentures

Peter Shea
West Knoxville Friends Meeting

Knox PAWS (Placing Animals with Seniors)

Anonymous
Gerald Perlman
In honor of Carol & Katie Harold

Dennis & Kathy Hayward

Mobile Meals

Michael & Donna Alexander
Glen Anderson
Joe & Melba Anderson
Anonymous (80)
Walter & Lois Bailey
James Baker
Larry Bayer
Catherine Beals
Ivan Beltz
Richard & Sharalyn Blattner
Sophie Bobrowski
Dedra Bohle
Richard & Janet Bohnenberger
Jim & Jane Brannon
Thomas & Nancy Britcher
Flavia Brizio-Skov
Mildred Brooks
R. & S. Brown
Charles & Terry Browning
Betty Broyles
Jean Campbell
Juanita Cannon
James & Judy Carpenter
David Cazalet, Jr.
Virginia Chambers
Chick-fil-A at Kingston Overlook
Chick-fil-A at Turkey Creek
Dawn Childress
Larry Claxton
Colonial Heights UMC, J. Ray Stuart SS class
Bobbie Congleton
Sherman & Roberta Cook
Gary Cooper
Patrick Counts
Randall & Robin Covey
Susan Cowan
James & Brooksie Cox
Katherine Crews
James and Rebecca Crossland
Diana Cruze
Timothy Cutshaw
Donna Davis
Jack Davis
James Davis
Paul Davis
Richard & Nancy Dettmering
Dianna Dishman
Shawn Doherty
Hartford & Jeanne Downing
David & Sally Drake
Elizabeth Drinnen
Jane Dunham
Jerry & Cindy Eisele
Kathryn Eldridge
James Ellis

Robert B. Ellison
Allan & Donna Ellstrom
Karen Estes
Bill & Vicki Evans
Elizabeth Evans
Fern Street Missionary Baptist Church, Outreach Ministry
Delores Fillinger
Vivian Fizz
William & Shirley Fogarty
David & Ginger Forbes
Kenneth & Dianne Foster
Donald & Suzanne Freeman
Herman & Elizabeth Fritts
Jim Galloway
Donald & Julie Garren
Rollin Geddes
Joseph & Pam Gillette
John & Sandra Gillis
Dode Gordon
Gordon Sams & Associates
Dona Gowker
Dawna Gray
Dianne Graybeal
Grace Greene
Julius Gregg
Joseph & Janet Guess
Scott Hahn
Earl Hall
Eugene & Betty Hamic
Christine Hamilton
Elizabeth Hanes
Joyce A. Hardwick
Robert Harris
Ida Harvey
Vi Hayes
Stephen & Nancy Hearon
George Heins
John Heins
Keith & Karen Hill
Rick & Lori Hinchey
Donald & Joyce Holland
Cynthia Holt
Karyn Hudson
Margaret Hughes
Earl & Allie Hutcheson
Don & Carol Jackson
Harry & Sonya Jackson
Edward Janssen
Ewing & Lucy Johnson
Kathy Johnson
Kenneth & Jackie Johnson
Nanne Johnson
Paul Jourdan, M.D.
Martha Keith
Donald & Janice Kelso
Patrick D. Kennedy
John Kinlaw
David & Robin Kinser
Yvonne Kissinger
William & Candace Kluxen
William & Angela Kudlets
Barbara Landau
Jennifer Lane
Cecil Lane, Jr.
Candace Lasley

Agnes Lawrence
Fu Mei Liao
James & Alice Liford
Marjorie Lloyd
Tommy Lockhart
Kaye Long
Pam Lovell
Charles Lowe
Debbie Lowe
Michael & Debra Lowery
Julie MacNamara
Jose March-Leuba
Tim & JoAnn Marshall
William Martin
Charles & Wilma Mason
Julie Maxey
Clyde & Anne Maynard
John McCarthy
David McCormick
Stanley & Georgia McDaniel
Catherine McKeown
Patrick McMillan
William & Diane Melton
Eric & Lauren Miller
Gary Miller
Mr. & Mrs. John F. Miller
Victor Mills
Alice Mincher
Peggy Minge
James Minor
Dorothy Moore
Maurice & Johnnie Msarsa
Limin Mu
Margie Mull
Arlene Murphy
Amelia Myers
Oakwood Baptist Church, Homemaker's SS class
Mr. & Mrs. John T. O'Connor
OMNI Women's Club
Julius Parker
Philip & Janet Parkey
Marjorie Patrick
Lewis M. Patterson
Kim Peays
Gerald Perlman
Joe Peterson
Norma Peterson
Teresa Peterson
Bill & Gina Phelps
William G. Phelps, Sr.
Albert & Mary Pierson
Gean Popiela
Carl & Mary Porter
Bob & Sarah Poston
Larry Prater
Ralph & Gloria Price
Donna Pryor
R H Sinclair Construction Co., Inc.
Baxter & Elizabeth Ragsdale
Gordon & Nancy Ridenour
David Roach
Robert & Lois Roark
David & Jeanette Roberts
Sarah Rule
Clarence Rutherford

Lena Sadiwskyj
Orby Ray & Tina Sanders
George & Beverly Sayne
Pat Schraw
Jim & Ann Shay
Connie Shih
Ronald & Virginia Shrieves
Karen Simmons
Judy Smith
Kim Smith
Mildred Smith
Smithwood Baptist Church, Joy Class
Jo Anne Stansberry
Kevin & Linda Staton
L. Stinton
Anthony & Elaine Stratis
Wendy Taft
Gerald & Linda Taylor
Dave Terwell
Emma Thom
Glenda Thomas
William & Jo Ann Thomas
Craig R. Thompson
John Thompson
Jerry Thurlow
Shirley Todd
William & Mary Truex
Charles & Gayle Turpin
Luis Velazquez
Charles Walker
Mr. & Mrs. Michael Walters
Barbara Webb
Martha Weigel
Joan Weis
Lendon Welch
Ralph & Katie Welch
David & Carolyn Wells
WestChase HOA
Lynn & Judy White
Robert Williams
William Wilson
Tracy Woodard
Howard & Judy Young
Katherine Young

In Honor and In Memory

In Memory of Buddy Adams & Sarah Barger
Charles & Deborah Newman
In Honor of Jane Armstrong
Vicky Gardner
In Memory of Thomas R. Bell
Anonymous (2)
Bernard & Barbara Bernstein
Sam & Nancy Bills
Joe & Rose Congleton
Bobbie Denton
Elsie T. Dodson
Ed & Katherine Hoskins
Gene & Bettye Koonce
Dennis Newberry
Bob & Charlotte Patterson
Finbarr Saunders & Ellen Bebb
Rachel Smith
Don & Helen Stewart
Sarah Stowers
Jane Smartt Stroud

The Trust Company
Mr. & Mrs. Joe Ben Turner
In Memory of Tom Bell and in Honor of Aggie Bell
David & Susan Long
In Memory of Billie Donovan Benson
David & Carol Beck
In Memory of Joyce Benziger
Tim & Janet Bigelow
In Honor of Jordan Boshears
Anonymous
In Memory of Bunny Brichetto
Margo Read
In Memory of Waive Brock
Anonymous
In Memory of Lowell Thomas Bryant
Delores Jones
In Memory of Beth Reid Campbell
Mary Rutherford
In Memory of Stella Collins
Ronnie & Sharon Collins
In Memory of Agnes Cook
Diane Cook
In Honor of David & Mary Fredna Danford
David & Nancy Noel
In Memory of Carol M. Dickinson
Anonymous
In Honor of Floyd & Rita Ann Ditmore
David & Gena Bozeman
In Memory of Zaeavion Dobson
Bob & Beth Stivers
In Memory of Harold S. Doss
Steve Ward
In Honor of Jack Draper
Kelly & Kristie
In Honor of Allan Ellstrom
Kirsta Brown
In Honor of Mr. & Mrs. Larry Fielden
Cathy Brindos
In Memory of Shirley Fox
Terry Fox
In Memory of Pauline Frost
Catherine Cooper
In Memory of Alford Lee Grant
George & Patricia Williams
In Memory of Marjorie G. Griswold
Anonymous
In Memory of Sara & Ed Harris
Heather Harris
In Memory of Leon Hasden
Melvin Sturm
In Memory of Myrtle Haynes
Anonymous
In Honor of Martha Henderson
Anonymous
In Memory of Ethel Hilton
Anonymous
In Memory of Mr. J. Hix
Anonymous
In Memory of Clarence Hojnacki
Karen Hojnacki
In Honor of Sara Hornbeck, Josh Shupe, Sandy Simpson and Mr. & Mrs. Dal Smith

Judith Rattner
In Honor of Ernie Ingle
Betty Jenkins
In Memory of Arthur R. Jones, Sr.
Pat Jones
In Memory of Archie Long
Gail Lowe
In Memory of Marcos E. Lopez
Carole Lopez
In Memory of Edna Loveday
Wayne Loveday
In Memory of Mr. & Mrs. W.C. Lundin
Anonymous
In Memory of Mama, Aunt Maude and Son
Linda Marks
In Memory of Mr. Frank Mary
Alex & Bernadette McMillan
In Honor of Josh McDaniel
Anonymous
In Honor of John & Chrissy McDonald
Julie Pearson
In Memory of Jeff Meaney
Kathy Meaney
In Memory of David Miller
Gwen Miller
In Honor of Lefty Miller
Tommy Swabe
In Memory of Louise Milner
Jim Lawson
In Memory of mom & dad
Linda Efteland
In Memory of Barbara Monty
Akiko Takayama
In Memory of Barbara Moore
Anonymous
In Honor of mother & grandparents and in memory of grandparents
Sarah Lockett
In Memory of Marie Noon
Anonymous
In Honor of Ginger O'Donnell
Anonymous
In Memory of Bill Ogle
Terri Przewoznik
In Honor of M. Joan Paul
Barbara Mead
In Memory of Sam Peters and Dorothy Kitts
Bonnie Peters
In Memory of Helen Randles
Barbara Rutherford
In Honor of Alex Sharp
John & Diane Sharp
In Honor of Mark & Jamie Smith
Julie Pearson
In Memory of David Sparks
Carolyn DeWick
In Memory of Bob Spence
Buzz & Lisa Adams
In Honor of Trey Stapleton
Anonymous
In Honor of Bishop Richard Stika

**OOA CONTRIBUTORS,
CONTINUED ON P. 10**

OOA CONTRIBUTORS, CONTINUED FROM P. 9

Helen Freeh
In Memory of Sam Sutton
 Mary Sutton
In Honor of Rebecca Lane Swingle
 Bill Lane
In Memory of Robert E. Thomas
 Marie Thomas
In Honor of Kathy Timme
 Anonymous
In Honor of Rita Trusley
 Kathleen Harrison
In Honor of Helen & Becky Walden
 Patsy Braden

In Honor of Becky Walden
 Cheryl May
In Honor of Sandra Wells
 Quality Compliance
In Memory of Dorothy Whitehead
 Ann W. Delap
In Honor of Mary Ellen Whittaker
 Tom & Linda Whittaker
In Memory of Carolyn Williams
 Woody & Gwen Byars
 Peggy McDonald
In Memory of Mark Woods
 William & Pamela Cross

In Honor of Carolyn Zachary
 Carolyn Harris
O'Connor Center
 Grant Bishop
 Dande Printing Service
 Exceptional Gifts
 Jim & Frankie Hicks
 Knox County AARP Chapter 85
 Maria T. Mills
 North Knoxville Business and
 Professional Association, Inc.
 O'Connor Dance Club
 O'Connor Quilters

O'Connor Singing Seniors
 William Schall
 Charles & Jeanette Stevens
 Akiko Takayama
 The Melrose Foundation
 Eddie Willis
In Honor and In Memory
In memory of Floyd Hensley
 Jim & Frankie Hicks
In honor of the O'Connor Band
 Katherine Mays
In honor of Jim & Alice O'Connor
 Edward O'Connor, Patrick &

Marcia and James & Seral
In memory of Johnny Robinson
 Eddie M. Robinson
Office on Aging
 David & Susan Long
One Call Club
 Sue Campbell
 Ken Monty
Project LIVE
 City Wide Service Club
 Dawna Gray
 Messiah Evangelical
 Lutheran Church

Rogers Memorial Baptist Church
**RSVP (Retired Senior Volunteer
 Program)**
 Robert & Kristie Pelton



TAKING STOCK: WHAT'S YOUR LEGACY?

One mistake made by people who don't consider themselves wealthy is in not planning ahead what to do with anything they might leave behind. You don't have to be rich to leave some assets, as simple as they might be—whether just a car or a small account or a modest home. It's understandable when

people want to leave these assets to family members or loved ones, but sometimes, they don't have anyone to leave their things to, or they want to pay tribute to a charity that has helped them in their later years.

"Many people feel like they're just struggling to get by from week to week and year to year," said Susan Long, director of the Office on Aging.

"Yet we find that a lot of those people are the very ones who are giving generously to OOA programs. It doesn't take much to help a lot."

"Some of our most touching estate gifts have come from individuals who were of modest means but who thought to give to OOA programs that had been there for them when they needed a caregiver or a hot meal or a friendly voice on the other end of the phone," Long said.

You must make your plan known and you must make it "official."

Making it official means making it legal. Here are a few questions to consider.

- Do you have a will? If not...why not? Did you know that the State of Tennessee has a plan for your assets if you die without a will? The state's plan may not be what you had in mind.

- If you do have a will, has it been updated in the last three years? Time passes quickly and family dynamics can change. Minor children become adults. Couples get married and divorced. Family members are born and die. All of these changes can affect your will.
- What about including your favorite charities in your will? If there is a cause that has been dear to your heart, make it legal and include it in your will.

For more ideas about estate planning, be sure to consult your legal counsel. The Office on Aging brochure, *What Will Your Legacy Be?* can guide you through various ways to give money at any time or through your will to the charity of your choice. Contact us at (865) 524-2786 or knoxooa@knoxseniors.org to have one mailed to you. ■

SENIORextra

Get the best of the good life.

Senior Extra is designed to help you get the most out of your life through active, independent and healthy living. Everything we do is centered on your health and wellness—from educational sessions to health screenings to special discounts. Here are just some of the benefits available to you when you join Senior Extra.

- Special invitation for Senior Extra programs and events
- Monitor your health at Senior Extra screenings
- Free Senior Extra e-newsletter
- Save with Senior Extra discounts
- Access the Senior Extra online information resource

Join now for free at www.SeniorExtra.com.

Tennova.com
865-549-2021

With Senior Extra, membership is free and the benefits are priceless.

Always look for our dogwood when you Google us!

East Tennessee
Personal Care Service

We provide help when you need it most!

865.692.2200
www.etpcs.net

Personalized attention for specific needs

- Personal Care
- Housekeeping & laundry
- Meal preparation
- Transportation & errands

Elder Law
 OF EAST TENNESSEE
 The advice you trust...
 ...the care you deserve.

Amelia Croswell
 Certified Elder Law Attorney*

Long life, disability, and chronic illness raise tough questions.

We can help you find the answers.

Care coordination
 Estate planning
 Wills and trusts
 Medicaid and VA planning
 Special needs planning

903 N Hall of Fame Dr.
 Knoxville, TN 37917
 (865) 951-2410
www.elderlawetn.com

*Certified through the National Elder Law Foundation

• • • • • **TO KEEP YOU INFORMED** • • • • •

Holiday closings: The Office on Aging, CAC administrative offices, O'Connor Senior Center, and all Senior Nutrition Program dining rooms will be closed for **Spring Holiday, on Friday, March 25**. Mobile Meals participants will receive a boxed lunch for that day.

KNOX PAWS
Placing Animals With Seniors



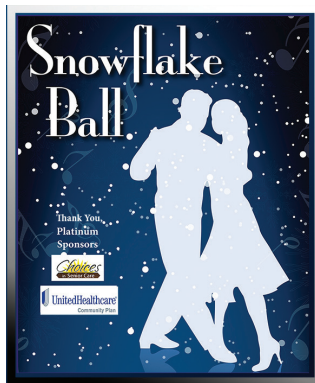
Save the date! Come join Knox PAWS at the 6th annual **PAWS Among the Blooms** for a beautiful evening of music, flowers, plants, and hors d'oeuvres. There will also be a

silent auction and wine bar. This fundraising event is on Friday, May 13, 5:30-7:30 p.m., at Stanley's Greenhouse, 3029 Davenport Road. Tickets are \$30 at the door. All proceeds support this program that matches senior people with senior pets to make both lives better.

Reminder: Rescheduled date for the Snowflake Ball! A few too many

snowflakes fell on our original dance date of January 23, so we rescheduled the fundraiser, hosted by the Senior Companion Program, to what we hope will be a much milder date: **Saturday, March 5**.

The time and place remain from 6 p.m. to 9 p.m. at the Kerbela Temple, 315 Mimosa Avenue. If you already had tickets to the original event, they are still good. Present them at the door, and they will be honored. A limited number of \$50 tickets are still available from the Office on Aging or by calling Covenant Senior Health at (865) 541-4500.



Spring has sprung! Take the chance to enjoy the nice weather by getting out and volunteering! Plant the seeds that help your community grow.

See which opportunity best suits you!

- **Are you catching sunshine fever?** Whether you have an interest in gardening, landscaping, teaching kids about nature, or even providing a friendly face at the center's welcome desk, Ijams Nature Center is a great place to get outside and plant some seeds of your own.
- **The planes' engines are ready to roar, the pilots have mastered their stunts, and the Smoky Mountain Air Show is ready to take flight!** All they need now are volunteers! The air show will be held April 14-17, at the McGhee Tyson Air National Guard Base and requires the help of 650 volunteers. Volunteers receive free parking, food, a T-shirt, and free admittance to the show. Why not volunteer and spend a fun day on the ground with your eyes on the sky.
- **We all probably know or have known someone with Alzheimer's or dementia.** Though it's a challenge to get through, there are great organizations like Alzheimer's TN that help ensure that folks receive the care they need and that families get help to cope. Alzheimer's TN uses RSVP volunteers as administrative support, a welcoming presence, and helpful hands for their programs and events. This is a great place to give back.

For more information on volunteering contact RSVP coordinator Eden Slater (865) 524-2786 or eden.slater@knoxseniors.org.

Volunteer Drivers Needed! CAC's Volunteer Assisted Transportation program is seeking volunteer drivers to assist seniors and people with disabilities to medical appointments, shopping trips, hair appointments, and other activities. Professional training and vehicles provided. Volunteers drive agency-owned, hybrid sedans or wheelchair-accessible minivans and receive training that includes first aid & CPR certification!

Volunteers are needed for weekdays, evenings and weekends. Drivers must be at least 21 years of age and have a minimum of three years' driving experience.

Become a professional driver today! Contact us at (865) 673-5001 or nancy.welch@cactrans.org.

Need help with your food budget? If you or anyone you know needs help to apply for SNAP (Supplemented Nutrition Assistance Program, or "food stamps"), please call Alice Allen at 524-2786 for answers and assistance.

ELDER NEWS & VIEWS

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

OFFICE ON AGING DIRECTOR

EDITOR

Susan Long

Kathy Burke

Knoxville-Knox County CAC Office on Aging
L.T. Ross Building, 2247 Western Avenue
P.O. Box 51650 • Knoxville, TN 37950-1650
Phone: (865) 524-2786 • Fax: (865) 546-0832
knox00a@knoxseniors.org
www.knoxseniors.org

OFFICE ON AGING

KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

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

Nonprofit Organization
U.S. Postage

PAID

Knoxville, TN
Permit No. 989

ELDER NEWS & VIEWS

IS THE NEWSLETTER OF
THE KNOXVILLE-KNOX COUNTY OFFICE ON AGING

IN THIS ISSUE

PANCAKE FEST, PAGE 1

DUNCAN AWARD RECEPTION, PAGE 3

WHAT'S YOUR LEGACY?, PAGE 10

O'CONNOR SENIOR CENTER CALENDAR, PAGES 5-8

MARCH/APRIL 2016

ELDER NEWS & VIEWS

PAGE 12

THE KNOXVILLE STORY: *WHAT MAKES US DIFFERENT?*



What makes Knoxville different from other cities? Is it the arrival of the railroad in 1855 that led to an economic boom? Is it that the city was bitterly divided over the issue of secession during the Civil War? Is it the reputation as “the Scruffy Little City,” worn proudly by many? Or is it Knoxville’s role as one of the gateways to the Great Smoky Mountains?

Plan to join us on **Thursday, April 14, at 2:30 p.m.** at the O’Connor Center for an original talk by writer Jack Neely, entitled: *The Knoxville Story: What Makes This City Different from All Other Places?*

Knoxvillians have long known Jack Neely through his many writings that make history interesting, entertaining, and timely. He worked as a newspaper reporter, a criminal-defense investigator, and as a fiction editor before he served as staff writer, associate editor, and columnist for the weekly newspaper *Metro Pulse*, where his column, *Secret History*, earned awards and became the basis for several books about the complex and little-known history of Knoxville. Neely has taken a leadership role in founding the new weekly newspaper, *The Knoxville Mercury*, and the associated educational nonprofit, the Knoxville History Project.

The Council on Aging and Seniors for Creative Learning have teamed up again this year to offer joint programs of interest to seniors in the spring and fall. This meeting is free and open to the public. ■



APRIL MEETING

Date: Thursday, April 14
Time: 2:30 p.m.
Place: O’Connor Center
611 Winona St.