

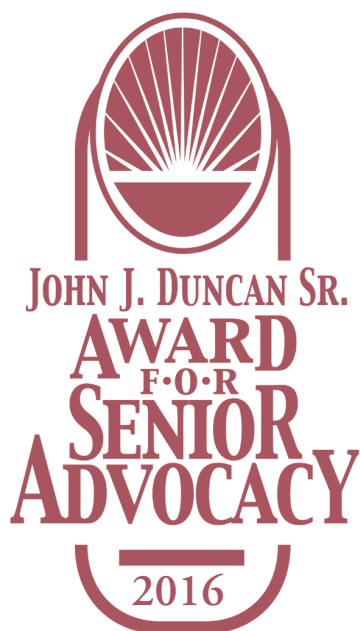
DUNCAN AWARDS, MAY 5: 15 YEARS OF ADVOCACY

"This year's Duncan Awards is going to be an exciting celebration of 15 years of this advocacy program, featuring all of our past winners in one place!" said Jan Johnson, manager of Senior Citizens Information & Referral Service (SCIRS).

For the last 15 years, the Duncan Award for Senior Advocacy, named in memory of John J. Duncan, Sr., has been honoring 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.

SCIRS, the program for which this event serves as its major fundraiser, is pleased to invite the public to come this year to meet and honor all of the past Duncan Award winners.

"Our selection committee obviously chose well," Johnson said. "Not only were all of the winners great senior advocates at the time that they were chosen, but they've all continued in the years since winning to



*The Knoxville-Knox County CAC Office on Aging
Senior Citizens Information & Referral Service
invites you to the 15th Annual*

***John J. Duncan, Sr.
Senior Advocacy Award Reception***

*honoring
15 Years
of
Duncan Award Recipients*

Thursday, May 5, 2016

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

Hunter Valley Farm

Contributions will be accepted at the door.

4:00 p.m. - 5:00 p.m. Hors d'oeuvres / Silent Auction / Wine Pull

5:00 p.m. - 6:00 p.m. Program & Recognition

For more information call 546-6262.

work hard for seniors in this community. Because of that, as we celebrate 15 years of Duncan Awards, we want to celebrate with them again for continuing to do what they do so well."

Come to the beautiful and relaxing setting of Hunter Valley Farm, prepared to bid on exciting Silent Auction items and enjoy excellent food and beverages while celebrating the hard work of many of our area's greatest senior advocates. Event sponsors include **Dover Development, Senior Solutions Management Group, UnitedHealthcare Community Plan, and Independent Insurance Consultants.**

SCIRS provides free information about services for older persons in Knoxville or Knox County. The agency also provides referrals to these services when needed. This service is provided free of charge to all Knox County seniors and their families and can be reached with a visit to the O'Connor Center or by calling (865) 546-6262. ■

PAWS AMONG THE BLOOMS

Bob was not doing well at all. He was depressed and lonely. He needed company and called the Knox PAWS program to see about getting a cat.

Bob went to the shelter with Julia, who works with PAWS, and met Puddy—a cat who was rescued from life in a cage 24/7. It was love at first sight. Bob got Puddy, and his spirits were instantly lifted. Puddy is now free, never to be caged again, and Bob has a new best friend.

“He sleeps right next to my pillow at night. I love my little Puddy. He’s my little shadow and follows me everywhere I go in my apartment,” Bob said. “Puddy is the greatest; he makes me laugh every day.”

Bob has taught Puddy to sit, stay, shake hands, and fetch a toy—all of which amazes Bob’s friends. Puddy loves to play, and they spend a lot of time interacting. Puddy’s latest thing is he watches a rabbit out the window every morning and evening. The rabbit and Puddy stare at each other for nearly an hour, Puddy twitching his tail, and the rabbit twitching his whiskers. This cracks Bob up as they appear to be talking to each other. Bob doesn’t know what he would do without his Puddy Cat, who has totally changed his life!

Placing senior pets who haven’t found “forever homes” with senior people who are lonely and need a companion is what PAWS is all about. PAWS Among the Blooms is the fundraiser that makes it happen. Please come. Call PAWS at (865) 524-2786 if you need a furry companion to brighten your day. ■

PLEASE JOIN US!

PAWS AMONG THE BLOOMS



Stop by anytime between 5:30 & 7:30 for a relaxing time of music, plants, flowers, and hors d'oeuvres.

The Knoxville-Knox County Community Action Committee Office on Aging presents the 5th Annual PAWS Among the Blooms a benefit event for Knox PAWS (Placing Animals With Seniors)

**Friday, May 15, 2015
5:30 pm - 7:30 pm
Stanley's Greenhouse**

3029 Davenport Rd. in South Knoxville

Tickets are \$30 at the door

Dogs welcome!

For more information, call 524-2786

POWER FOODS FOR A HEALTHY LIFE



MAY MEETING

Date: Thursday, May 12
Time: 2:30 p.m.
Place: O'Connor Center
611 Winona St.

“Power foods” are all the rage this year. Are mangoes a power food? What about spinach? Power foods are packed with nutrition and the body loves them. You may have several power foods in your kitchen and refrigerator right now and not even know it!

Plan to join us on **Thursday, May 12, at 2:30 p.m.** at the O'Connor Center for a meeting of the Council on Aging. Registered dietitian Karen Wetherall will present *Power Foods for a Healthy Life*.

Come learn about the important role specific foods have on health and disease prevention. Ms. Wetherall will provide the latest research on which fats and oils are healthiest to consume. Additionally she will address foods to reduce inflammation and enhance healthy gut bacteria. There is an abundance of conflicting nutrition information in today’s media, and she will sort fact from fiction. Your genes are your genes, but what you eat plays an important role in turning on or turning off your gene expression. Come get your questions answered from a nutrition expert.

Karen Wetherall, the dietetic internship director and a senior lecturer at the University of Tennessee, also maintains a private practice working with clients with eating disorders and weight management issues. For 10 years, she was the sports nutritionist for the Vols and Lady Vols.

Charlotte Tolley from Nourish Knoxville will join Wetherall at the end of the program to talk about the Market Square Farmers’ Market and to distribute copies of the East Tennessee Local Food Guide.

Refreshments will be provided by Comfort Keepers. ■



- To combat mindless eating:
1. Get rid of things in your home are biasing you toward eating
 2. Serve meals on salad plates
 3. Keep the candy dish out of view
 4. Eat in the kitchen or dining room, not in front of the TV, where you're likely to eat much more than you've eaten



DO YOU KNOW A 100-YEAR-OLD?

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 bud vase bouquet.

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 (or about to turn 100), 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.

SENIOR COMPANIONS: THROUGH AN INTERN'S EYES

This article was written by Virginia Daniels, a University of Tennessee student who is an intern at the Office on Aging with the Senior Corps programs.

The look of joy and comfort on “Bill’s”* face when I stepped into his living room was much different from when I had first met him last November. As an intern working on my Masters in Social Work, I never realized what a profound impact volunteers can have on the lives of others. A few years ago, Bill was diagnosed with Parkinson’s as well as frontal-lobe dementia and seemed a bit unengaged when I first met him. However, this time, it was a different story. A Senior Companion, “Johnny,” was sitting on the sofa, and I could tell that Bill was delighted to have his friend and Senior Companion there. Bill’s wife, Martha, was sitting in a plush chair with the couple’s chihuahua, Chico, who, with an occasional whimper, watched me from across the room.

“We love having Johnny visit every week,” said Martha as she got up from her chair and emptied a bag of old coins onto the coffee table. Coins are just one of Bill’s interests. He’s been a collector for decades. “If I see one that I like, I usually get it. It doesn’t have to be rare or expensive,” he says. After the two men discussed the “treasures” for a few minutes, Martha brought out a metal detector, and Mr. Corry’s face lit up. He turned the detector on and gave a demonstration on how to find coins with it, using the ones on the table.



This made Johnny smile, “Be sure not to take that apart” he said, “It’ll take us all day to put it back together.” He laughed as he told the story of the pair dismantling it, only to regret it hours later.

Before last November, the two men had never heard of each other. However, about a month-and-a-half ago, they discovered that they had grown up on different sides of the same Knoxville street together during the same years. “We ran those streets ragged back then,” said Johnny, grinning. I was in awe—as were they—about the people they both knew from growing up in the same area, but they never seemed to cross paths during their childhood. We all explored the idea that perhaps once in their

boyhood years they had just missed each other, hopping fences or riding bikes.

The concept of seniors helping seniors is so simple. Over the past 10 months, I’ve seen many volunteers touch the lives of isolated, lonely, and homebound seniors. For the Senior Companions, their service to the community is so much more than “paying it forward.” It is an opportunity for them to remain active, maintain their independence, and actively address the journey of aging in our community.

If you are interested in participating in meaningful volunteer service, call the Office on Aging at (865) 524-2786.

**Names have been changed to maintain confidentiality.*

LOOKING FOR A JOB? SPRING JOB FAIR, MAY 25

People age 50-plus who are seeking part-time or full-time employment: Come to the Spring 2016 Job Fair on Wednesday, May 25, from 9:00 a.m. to noon at the O’Connor Center, 611 Winona Street. The Senior Employment Service, a program of the CAC Office on Aging, is hosting the event with help from sponsors who will be at the job fair, along with as many as 40 other employers who know that older workers are reliable, flexible, knowledgeable, and possess valuable experience that make them an asset to today’s workforce.

Come prepared to apply to and interview with many organizations under one roof! Bring copies of your resume, lists of your references, and any other information you might need to fill out applications.

If you need help with our resume or interviewing skills, please call Senior Employment Service, 524-2786, for more assistance.



RAISING GRANDCHILDREN? ATTEND THIS MEETING.

Grandparents as Parents (GAP) holds monthly “roundtable” meetings in which the participants learn from a speaker and from the experience of other members of the group. Grandparents and other relatives raising family children are encouraged to attend **these informative meetings, which are held on the last Tuesday of each month at 10 a.m. at the L.T. Ross Building, 2247 Western Avenue, Knoxville, 37921.** These meetings are open to the public and to anyone interested in the topic. **There will be no June meeting.**

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

Remember back in the day when we had aunts, uncles, cousins, and even close neighbors who would step in and look after children or grandchildren if we had an emergency? Unfortunately for many, those resources are no longer available, but there is still hope. **Join us for the GAP meeting on May 31,** featuring Janet Cockrum, with Safe Families for Children (SFFC). She will talk about crisis and respite care and other services offered by SFFC, even in cases of a medical emergency. ■



MAYORS' RECOGNITION DAY FOR NATIONAL SERVICE

On April 5, mayors and county officials held public events and used traditional and social media to highlight the value of national service to the nation's cities and counties in the fourth annual Mayor and County Recognition Day for National Service. Locally, Knoxville Mayor Madeline Rogero, Knox County Mayor Tim Burchett, Farragut Mayor Ralph McGill, and former Knoxville Mayor Daniel Brown joined about 100 Senior Corps and AmeriCorps volunteers to celebrate their service to our area. Mayor Rogero presented a proclamation in which she recognized that RSVP, Senior Companions, and Foster Grandparents (the three Senior Corps



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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programs) assisted more than 5,000 people in 2015 by providing 204,742 hours of volunteer service, valued at an estimated \$879,405 to the community. ■

O'CONNOR SENIOR CENTER SCHEDULE - MAY/JUNE

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 Monday, May 30, for the Memorial Day Holiday.

Center summer celebrations will feature the **Volunteer Appreciation Delightful Dessert Day** on **May 17**, when we will say thank you to the many whose volunteer efforts have helped make the Center what it is today! On Thursday, **May 19**, at 6 p.m., the Silver Stage Players will present *51 Shades of Gray* at the 2nd annual Dinner Theatre with a 1 p.m. matinee on **May 20**. Also on **May 20**, the Exceptional Gifts Shop will host a **Grand Open House** to showcase the members' creations and a new section for men only. At the **Memorial Day Celebration** set for **Thursday, May 26**, you're invited to enjoy yummy ice cream sundaes as well as a fantastic program featuring the sounds of O'Connor's **Amazing "Geezer" Band**, led by Director Linda Evans! **June 30** will feature the **4th of July celebration**—but you must call 523-1135 to let us know you'll be here for each of these special events!

MAY/JUNE PROGRAMS

4th of July Celebration: Thursday, June 30. Indoor/Outdoor Picnic, depending on the weather, with lots of fun, fellowship, and food; but let us know you're coming! Cost is \$1 for a BBQ lunch; reservations are required.

AAA Driver Safety Program: Thursday, June 9. 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 and Thursday, May 25 & 26. Please call Carolyn Rambo, 382-5822, for information and to register for the two-day refresher course.

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

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

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

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

Blood Pressure Checks: Monday - Friday, 10:30 a.m.-11:30 a.m. Tuesday checks by Quality Home Health Care; Thursday checks by Priority Ambulance.

Camera Club: Wednesdays, May 18 & June 15. Shawn Poynter, photojournalist, always has tips to share!

Brain Games: Wednesdays. Come and play the game of the day! Everyone is welcome. Competition will be soon!

Computer Classes:

Please preregister and prepay for all computer classes. Some computers, iPads, and tablets are available for use during class. Please indicate need when you sign up. Class size is limited.

Beginning iPad/iPhone. Cost: \$25. For those with little or no experience; learn the basics.

Monday-Tuesday, May 2 & 3, 10 a.m. to noon.

Tuesday-Wednesday, June 7 & 8, 10 a.m. to noon.

Advanced iPad/iPhone. Cost: \$25. Some experience required; learn advanced skills.

Monday-Tuesday, May 9 & 10, 10 a.m. to noon

Tuesday-Wednesday, June 14 & 15, 10 a.m. to noon.

Facebook. Cost: \$15. Learn the basics and create a page.

Wednesday, May 4, 10 a.m. to noon.

Thursday, June 16, 10 a.m. to noon.

Galaxy/Android Phone or Tablet. Cost: \$25. For people with little or no experience.

Monday-Tuesday, May 16 & 17, 10 a.m. to noon.

Monday-Tuesday, June 20 & 21, 10 a.m. to noon.

Pinterest/Twitter/Instagram. Cost: \$15. For those with little or no experience.

Wednesday, May 18, 10 a.m. to noon.

Tuesday, June 28, 10 a.m. to noon.

Creative Endeavors: Monday, May 2. Creative Endeavors is a cooperative effort to offer opportunities to enhance, develop, and advance the creative endeavors of seniors at the Center and to offer educational and promotional opportunities to support these goals.

Creative Writers Workshop: Monday, May 9, and Monday, May 23. Barbara Stephens teaches how to expand vocabulary and record thoughts, poems, stories, dreams, life experiences for perpetuity. Writers will not meet during June and July. Class resumes Monday, August 8.

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

Council on Aging: Thursday, May 12. Karen Wetherall, registered dietitian, will speak on *Power Foods for a Healthy Life*, and on Thursday, June 9, Monica Franklin, certified elder law attorney, will present *What if I Need a Nursing Home? Who Can Help?* Both meetings are open to the public.

Diabetes Support: Friday, June 10. Susan Fowlkes, Knox County Health Department, will present information, answer questions, and provide encouragement to those affected by diabetes, a lifelong disease that affects the way your body handles glucose.

Diabetic Sweet Spot: Friday, May 13. Mac's Pharmacy representatives will be here to share A Grocery Guide for Diabetics to help you make better choices as you shop.

Earth Science: Monday, May 2. Dr. Henri Grissino-Mayer will teach about Dendrochronology. Monday, June 6. See Weekly Update in the Sunday News Sentinel for program details.

Fabric Painting: Monday, May 9, and Monday, June 13. Instructor: Yvonne Fields.

Flower Lovers Club: Thursday, May 5, and Thursday, June 2. Spring and Summer Flowers will be the topic.

French: Tuesdays. Enjoy learning another language;

being fluent is not required!

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

Gift Shop Grand Open House: May 20. The Gift Shop is open daily from 10 a.m. to 2 p.m. This Grand Open House will be from 10 a.m. to 3 p.m. on Friday, May 20. Gift Shop members' handmade/handcrafted treasures are featured. New crafters are invited to join the Gift Shop; yearly membership fee is only \$10. Call for details!

Greenhouse: Tuesdays and Fridays are work days in the greenhouse; come and enjoy working with other gardeners.

Happy Hikers: Thursdays. Newcomers always welcome; please call Carrie Roller, 719-1604, if interested in a hike or for more information. Hikers meet at the trailhead at 10 a.m., unless indicated otherwise.

May 12 Twin Arches Loop Trail, 6 miles

May 19 Cumberland Gap National Historic Park, Tri-State Peak, 5 miles

May 26 Clingman's Dome to Double Springs Gap, 6 miles

June 2 Charlie's Bunion, 8 miles (optional hike)

June 9 Rhododendron Creek to Injun Creek, 6 miles

June 16 Andrew's Bald, 4 miles

June 23 Frozen Head to Debord Falls

June 30 Jeffrey Hell, 6 miles

Happy Hikers/Thursday Walkers: These less difficult hikes/walks are open to anyone. Call Joyce Dukes at 525-2540 for additional information. Hikes are approximately 2 miles.

Harrah's Trip: Monday, May 2, and Tuesday, June 7. Light refreshments at 7:30 a.m.; depart promptly at 8 a.m. Cost is \$30/person. Contact Frankie Hicks, 525-1475, for details.

Health and Humor: Wednesdays. Enjoy laughing with friends while participating in healthy, humorous, and informative discussions!

Hearing Aids Checked and Cleaned for Free!: Tuesdays, May 3 and June 7. A hearing practitioner from Beltone will be available. No appointment necessary.

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.

Investment News: Monday, June 6. Join John Smartt, Jr., as he discusses *Your Investment Questions*.

KAT City Bus Q & A: Tuesdays, May 24 and June 28. Knoxville Area Transit (KAT) answers "How to? Where? Why?" questions.

MAY 2016 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
<p>2</p> <p>8:00 Harrah's Trip 10:00 Beg. iPad/iPhone 10:00 Earth Science 11:30 Creative Endeavors</p>	<p>3</p> <p>10:00 Beg. iPad/iPhone 12:00 Hearing Aids Checked & Cleaned 1:30 Tea Dance</p>	<p>4</p> <p>MARKET GROUP This and That Sale 9:00 am - 3:30 pm 10:00 Facebook Class</p>	<p>5</p> <p>10:00 Thursday Walkers 2:00 Flower Lovers</p> 	<p>6</p> <p>10:00 Matter of Balance 12:30 Living Well w/ Chronic Conditions</p>
<p>9</p> <p>9:30 Creative Writers 10:00 Adv. iPad/iPhone 10:00 Veterans Q & A 12:00 Lunch & Learn 1:30 Fabric Painting</p>	<p>10</p> <p>9:00 Tai Chi Open House 10:00 Adv. iPad/iPhone</p> 	<p>11</p> <p>9:00 Toenail Clipping</p>	<p>12</p> <p>10:00 Happy Hikers & Thursday Walkers 2:30 Council on Aging Open to the Public</p>	<p>13</p> <p>10:00 Diabetic Sweet Spot 10:00 Matter of Balance</p> <p>14</p> <p>7:00 pm Spring Fling Dance w/ David Correll Band</p>
<p>16</p> <p>10:00 Galaxy/Android Class 12:00 Lunch & Learn</p> 	<p>17</p> <p>10:00 Galaxy/Android Class 2:00 Volunteer Recognition Program Please Sign Up!</p>	<p>18</p> <p>9:00 Advisory Board 10:00 Camera Club 10:00 Pinterest/Twitter Instagram</p>	<p>19</p> <p>10:00 Happy Hikers & Thursday Walkers 2:00 With Hope in Mind 6:00 Silver Stage Players' Dinner Theatre <i>51 Shades of Gray</i></p>	<p>20</p> <p>GIFT SHOP OPEN HOUSE 10:00 Matter of Balance 1:00 Silver Stage Players' Spring Matinee <i>51 Shades of Gray</i> 7:00 pm DJ Dance</p>
<p>23</p> <p>9:30 Creative Writers</p> 	<p>24</p> <p>10:00 KAT City Bus Q & A</p> 	<p>25</p> <p>9:00 Senior Job Fair 12:00 AARP Driver Training 12:00 Belly Dance Returns</p> 	<p>26</p> <p>10:00 Happy Hikers & Thursday Walkers 12:00 AARP Driver Training 1:30 Memorial Day Celebration Please sign up!</p>	<p>27</p>
<p>30</p> <p>CENTER CLOSED MEMORIAL DAY HOLIDAY</p>	<p>31</p>			<p>BLOOD PRESSURE CHECKS DAILY 10:30-11:30</p>

RECURRING WEEKLY EVENTS

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

JUNE 2016 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
BLOOD PRESSURE CHECKS DAILY 10:30—11:30	Don't forget to sign up for the 4th of July Celebration set for June 30	1	2:00 Flower Lovers 	BIG INDOOR GARAGE SALE 8:00 am - 2:00 pm
6 10:00 Earth Science 2:00 Investment News	7 8:00 Harrah's Trip 10:00 Beg iPad/iPhone 12:00 Hearing Aids Checked & Cleaned 1:30 Tea Dance	8 9:00 Toenail Clipping 10:00 Beg iPad/iPhone	9 8:00 AAA Driver Training 10:00 Happy Hikers & Thursday Walkers 2:30 Council on Aging Open to Public	10 10:00 Diabetic Support
13 10:00 Veterans Q & A 12:00 Lunch and Learn 1:30 Fabric Painting	14 10:00 Adv iPad/iPhone	15 9:00 Advisory Board 10:00 Adv iPad/iPhone 10:00 Camera Club	16 10:00 Facebook Class 10:00 Happy Hikers & Thursday Walkers 2:00 With Hope in Mind	11 7:00 pm Fifties Dance w/ Mood Swing Band
20 10:00 Galaxy/Android Class 12:00 Lunch and Learn	21 9:00 Toenail Clipping 10:00 Galaxy/Android Class	22 1:30 Bingo-Every Wednesday 	23 10:00 Happy Hikers & Thursday Walkers 	17 7:00 pm DJ Dance 
27 12:00 Lunch & Learn	28 10:00 KAT City Bus Q & A 10:00 Pinterest/Twitter/Instagram	29	30 10:00 Happy Hikers & Thursday Walkers 11:30 4th of July Celebration!	24 BLOOD GLUCOSE CHECKS EVERY THURSDAY 8:30—9:30

RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45 Senior Advanced Cardio 10:00 Party Bridge 10:00 Water Aerobics 10:30 Loss & Life Changes Support Group 1:30 Intermediate Line Dance	9:00 Greenhouse 9:00 Quilting 9:00 Tai Chi 10:00 Basic Arthritis Foundation Exercise 10:00 French 10:00 Party Bridge 10:00 Tai Chi Set Practice 10:00 Water Aerobics 10:00 Yoga 11:00 Advanced Arthritis Foundation Exercise 1:00 Cribbage/Table Games 1:30 Afternoon Dancing	8:30 Open Painting 8:45 Senior Advanced Cardio 9:00 Cadet Band Practice 10:00 Advanced Painting 10:00 Concert Band Practice 10:00 Party Bridge 10:00 Water Aerobics 12:00 Belly Dance 12:00 Brain Games 12:15 Health & Humor 12:30 Beginning Painting 12:30 Texas Hold 'Em 1:30 Beg. Beg. Line Dance 1:30 Bingo 2:00 Beginning Line Dance 2:30 Beginning Open Painting	8:30 Blood Glucose Checks 9:00 Knitting & Crocheting 9:00 Tai Chi 10:00 Basic Arthritis Foundation Exercise 10:00 Cards and Games 10:00 Tai Chi Set Practice 10:00 Thursday Walkers 10:00 Water Aerobics 10:00 Yoga 11:00 Advanced Arthritis Foundation Exercise 11:20 Seated Yoga	9:00 Woodcarving 10:00 Water Aerobics 11:00 Italian 11:00 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

Knitting & Crocheting: Thursdays in May; will not meet in June. Open to all skill levels; free instruction by Linda Costner.

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

Loss and Life Changes Support Group: Mondays. Pat Green with Tennova Hospice listens to concerns and offers encouragement to folks dealing with life's challenges.

Low Vision Group: Thursday, May 19. The group will attend the Silver Stage Players' Dinner Theatre. Call the Center for details and to make a reservation. Thursday, June 30. The group will attend the 4th of July Celebration at the Center.

Lunch & Learn: Lunch is provided but you must reserve a meal by Thursday of the previous week.

May 9, Monday. Stroke Awareness. Dr. Mary Dillon, medical director of Patricia Neal Rehabilitation Center, gives latest information on strokes: risk factors, prevention, signs & symptoms, and treatment.

May 16, Monday. All about Reike. Linda Battani from Wellness Directions will share how "hands on healing" is based on the idea that unseen life-force energy flows through us and promotes stress reduction, relaxation, and healing.

June 13, Monday. Clear Captions. Representative will be here to talk about a phone for the 48 million Americans with hearing loss.

June 20, Monday. Information on Skin Cancer/Skin Cancer Screening. Debbie Connatser, a nurse practitioner from Dr. Doppelt's office, will discuss the different skin cancers and how to protect your skin from the summer sun! She will be available until 2 p.m. to assess your skin concerns.

June 27, Monday. Sleep Disorders. Amber Burns, a physician's assistant from Ft. Sanders Sleep Center, will talk about sleep hygiene and Sleep Rhythm Disorder. Questionnaires will be available to determine if you have a sleep disorder.

Market Group Sale: Wednesday, May 4, 9 a.m. to 3:30 p.m. Come early for the best buys at the Market Group's annual *This & That Market Group Sale*. This sale is open to the public.

Memorial Day Celebration: Thursday, May 26. Enjoy O'Connor's Amazing Geezer Band and ice cream sundaes while celebrating this holiday.

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. Gently used instruments can be donated to the Center for a tax deduction.

Painting (Advanced & Beginner): Wednesdays. Class in progress began April 13. Instructor: Ann Birdwell. Cost: \$40 for 10-week class; space is limited. You may choose to work in oils, acrylics, or watercolors. Call to register for the fall classes, which begin on September 7; the class fee is due on or before

the first day of class. Open painting will be available throughout the summer.

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

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. This Covenant-led low-impact aerobic class with an increased level of intensity is a strenuous workout. Cost: \$2-\$3/class, depending on class size.

Senior Job Fair: Wednesday, May 25. Part-time & full-time employment opportunities. Please call Kayleen Weaver at 524-2786 for additional information.

Silver Stage Players' Dinner Theatre and Matinee: Thursday, May 19, dinner at 6 p.m. and performance at 7 p.m. Friday, May 20, matinee at 1 p.m. with refreshments to follow. Enjoy a senior review on the funnier side of aging--51 Shades of Gray, written by Jeanette Mathewes Stevens. Cost for the dinner theatre is \$15/ticket—limited seating. Donations welcome!

Spanish: Fridays. Instructor Bonito Lopez Abarca will lead this basic class for motivated participants.

Taoist Tai Chi Classes and Set Practice: Tuesdays and Thursdays. Attend the Tuesday, May 10, Open House to be welcomed and introduced to Tai Chi. This group continues to welcome new members and provide opportunities to improve mental health, balance, and coordination.

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

Toenail Clipping by Appointment Only: Wednesdays, May 11 and June 8, and Tuesday, June 21, with cosmetologist Kelli Jobe. Cost: \$12; call 523-1135 to schedule an appointment.

Veterans Services: Mondays, May 9 and June 13. A VA representative will answer questions about benefits and other matters of concern to veterans and family members.

Volunteer Appreciation Delightful Dessert Day: 2 p.m., Tuesday, May 17. Special invitation to all O'Connor volunteers to enjoy special desserts as we say thank you for the many ways you lend support to the Center! Please call and reserve your spot by Friday, May 13.

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

With Hope in Mind: Thursdays, May 19 and June 16. This group offers support to families and friends dealing with various mental illnesses. For more information please contact Gerald Segroves, 523-7284.

Woodcarving: Fridays. Open to all skill levels, beginner to expert. Personal instruction available, if needed.

Yoga: Tuesdays & Thursdays, 10:00 am; also Seated Yoga on Thursdays at 11:20 am. Classes are held at the YMCA. 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. Specifically for those without any experience.

Beginner Line Dance: Wednesdays. Specifically for those with some line dance experience.

Belly Dance: Wednesdays, starting May 25. Open to everyone! A fun way to exercise. Taught by Rusty Rosiland.

Intermediate Line Dance: Mondays. Specifically for those with moderate experience. Cost: \$2/class.

Dances – Cost varies per dance.

Afternoon Dancing: Each Tuesday. Opportunity to dance and visit with friends.

Tea Dance: First Tuesday of each month, May 3 and June 7. Good music, fellowship, and refreshments.

3rd Friday Night Dances: May 20 and June 17. An "ALL TYPE" dance with a special DJ from Pro-Audio Mobile DJs; great music, refreshments, and a time to visit and socialize with friends.

2nd Saturday Night Ballroom Dances – with refreshments: May 14, Spring Fling Dance with David Correll Band; June 11, Fifties Dance with the Mood Swing Band.




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
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Join now for free at www.SeniorExtra.com.





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




OOA PROGRAM CONTRIBUTORS

Gift of Sight, Hearing & Dentures

Anonymous

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Companion Animal Hospital, PLLC

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Jill McNutt

John & Carol Merz

Carla Samples

Mobile Meals

Anonymous (25)

Ashley Anderson

Glen Anderson

Al & Linda Behel

Dedra Bohle

Betty Browder

R. & S. Brown

John Calhoun

Colonial Heights United Methodist

Church J. Ray Stuart SS Class

Bill Cox

Diana Cruze

Timothy Cutshaw

Moyah & Freeman Dalton

David & Mary Fredna Danford

Jerry & Cindy Eisele

Vi Hayes

Wanda Huttner

Pam Lovell

Debbie Lowe

Sarah Martin

John McCarthy

David McCormick

Kayla Montgomery

Oakwood Baptist Church,

Homemaker's SS Class

Tom Pappas

Norma Peterson

Carl & Mary Porter

Tilda Rutherford

Smithwood Baptist Church, Joy Class

St. Luke's Episcopal, Church Outreach

Stephen & Barbara Wilson

IN MEMORY OR HONOR

In Memory of Mary Jo Brock

Robert & Marketta Smiddy

In Memory of Leila Brown

Norma Velasco

In Memory of Edward Davis

Anonymous

In Memory of Zaezion Dobson

William Walters

In Memory of Cornelia Fisher

Anonymous

In Memory of Pauline Frost

Catherine Cooper

In Honor of Tim Hensley

Anonymous

In Memory of Ray Hilton, Jr.

Anonymous

In Honor of Susan and David Long

Kari Jones

In Memory of Harold Markman

Pace and Karen Robinson

In Memory of Richard &

Shirley Meyer

Pat Shireman

In Honor of Lefty Miller

Tommy Swabe

In Memory of Victor Pettit

Carol Pettit

In Honor of Bob Stanford

Margaret Stanford

In Memory of Bud Waller

Robert & Marketta Smiddy

In Honor of Carolyn Zachary

Carolyn Harris

O'Connor Senior Center

O'Connor Dance Club

In Honor of Paul Hinchey and Sam Pyle

Jim & Frankie Hicks

Thank you to the community, sponsors, participants, and all who helped make this year's Pancake Fest the best ever!

O'Connor Center staff and advisory board

Project LIVE

William Schall

Knoxville Pay It Forward,

Operation Kibble Bowl

RSVP (Retired Senior

Volunteer Program)

Chef Maurice & Company,

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ADOPT-A-SENIOR SPONSORS FEBRUARY & MARCH 2016 DONATIONS

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Beaver Creek Cumberland

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Chick-fil-A at Turkey Creek

Concord United Methodist

Church, Souper Bowl for

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Kimberly Diehl

Farragut Presbyterian

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Church, Concord,

Agape SS Class

Joel W. Garber

Scott & Sue Gibson

Always look for our dogwood when you Google us!



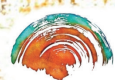
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Kathy Woods, Business Classes

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Anonymous

In Memory of Peggy Ellis

Amy Tankersley

In Memory of Kenneth Mills

Vivian Mills

In Memory of Sara Jean Slayden

William and Sharon Thomas

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Marc Maxwell

ONE SENIOR FOR ONE YEAR

Peter Biasella

Rogers and Marjorie Penfield

Sigma Alpha Epsilon

ONE SENIOR IN MEMORY OR HONOR

In Memory of Frances McClung

Robert McClung

In Memory of Dr. Wilson Powers

Rita Powers

TWO SENIORS FOR ONE YEAR

Kimberly-Clark Corporation –

Anonymous (do not list name)

THREE SENIORS FOR ONE YEAR

Enterprise Holdings Foundation

71 SENIORS FOR ONE YEAR

Journal Media Group

(News Sentinel)



HELP WITH YOUR GROCERY BUDGET IS A SNAP!

When people get help to pay for healthful food, they have more money to buy the other products and services they need.

The CAC Office on Aging (OOA) can help anyone of any age through the application process for SNAP (Supplemental Nutritional Assistance Program). People are now finding help through the process from CAC's SNAP Outreach, and it's much easier than they thought it would be.

If you could use extra money in your budget, **please call the Office on Aging at (865) 524-2786 and ask for Alice Allen, the SNAP advisor.** Allen has helped more than 700 people get SNAP benefits in the last year. The only way to find out whether you are eligible is to apply; and you may be able to get a lot more in benefits than you imagine!

CAC SNAP Outreach can also provide resources about this valuable assistance program: a speaker for your group, someone to staff a table at your health fair or community event, or an advisor to talk at your facility, church, or business. Contact us at the number above or by emailing alice.allen@knoxseniors.org. ■



SAVE THE DATE! 2016 Power of the Purse

Thursday, Sept. 22
11 a.m. • Rothchild Conference Center

Tickets go on sale July 1, 2016


Power of the Purse is a Mobile Meals fundraiser that includes Purse Madness sale, lunch and auction.

Donations of new or like-new purses are being accepted at:

- Lilly Pulitzer Palm Village Store
Western Plaza, 37919
- CAC Office on Aging
2247 Western Avenue, 37921
- Senior Financial Group
100 Glenleigh Court, 37934

For more info, contact Mobile Meals volunteer coordinator, Shelly Woodrick, at (865) 524-2786 x1547 or shelly.woodrick@knoxseniors.org.



 [knoxcountymobilemeals](https://www.facebook.com/knoxcountymobilemeals)
[PowerofthePurseKnoxville](https://www.facebook.com/PowerofthePurseKnoxville)

HOW CAN I HELP? OOA WISH LIST

If you are able to donate any of the following items, either bring them to the Office on Aging in the L.T. Ross Building, 2247 Western Avenue, during business hours, or call (865) 524-2786 to arrange for a pick-up.

- O'Connor Band** Used/new working musical instruments
- Power of the Purse** New/like-new purses
- Feed-A-Pet** Pet food & supplies
- Pillow Project** New/like-new sheets, towels, and household items
- O'Connor Center** Refrigerator with freezer
- DLC** Magazines
- CHIPS** Computers to be refurbished
- Project LIVE** Walkers, canes, other mobility devices

• • • • • **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 **Memorial Day, on Monday, May 30.** Mobile Meals participants will receive a boxed lunch for that day.



Summer's here, vacation plans are made... Now what to do with the rest of those long summer days? Why not volunteer! Take a volunteer vacation, give time, and feel good doing it!

See which opportunity best suits you!

- **Swim, bike, run – what could be more fun!** May 22 is the annual Challenge Knoxville Triathlon and RSVP's annual fundraiser! Come cheer on athletes from near and far, hand out refreshments, hang out in Tyson Park, and raise money for RSVP! Go to http://www.doitsports.com/volunteer2/jobs-by-date.tcl?event_id=214997, and sign up for either of the two Run Course Aid Station 2 (RSVP/CAC) time slots, or call 524-2786 for more information.
- **Seasons end, school ends, but hunger never ends.** Help address hunger in the Knoxville community! Mobile Meals serves noonday meals five days a week, all year round to more than 850 seniors. Mobile Meals requires 80 volunteers a day to deliver these meals. A Mobile Meals route only takes about two hours out of the day. Why not donate a morning to fight hunger and deliver a smile to seniors in your community?
- **Got a knack for working outdoors?** Enjoy cleaning? Do your friend's call you "Mr. /Ms. Fix It"? You might just be what Project LIVE needs. Project LIVE is CAC's senior case management program. Many Project LIVE clients are no longer able to do home repairs, house projects, or yard projects on their own and cannot afford to pay for the assistance. These clients require the help of kind-hearted volunteers to help make their home lives a little bit better. Please consider using your skills to help a senior in need.

"Our nation will succeed or fail to the degree that all of us -- citizens and businesses alike – are active participants in building strong, sustainable and enriching communities."

~Arnold Hiatt, President, The Stride Rite Foundation

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

2ND ANNUAL SENIOR DAY

TENNESSEE SMOKIES

SENIORS FAMILY & FRIENDS DAY

June 14, 2016

at Noon (gates open at 11am)

Smokies Stadium

"A portion of the proceeds from ticket sales support senior services in your community"

For discounted tickets call 1 - 877- 334 -4500 or purchase online at www.covenanthealth.com/smokies

Tickets	Tickets, Meal Voucher OR Cap	Tickets, Meal Voucher AND Cap
\$10⁰⁰	\$15⁰⁰	\$20⁰⁰

- **Come to Purple Cities Day on Monday, May 11, at 1 p.m. in Market Square.** The Purple Cities Alliance initiative will kick off officially in Knoxville at this event. In a designated "Purple City," community members and organizations take specific steps to help people learn about dementia and help those with dementia receive the highest level of care and safety. There will be a brief formal presentation explaining the goals and efforts of the alliance and proclamations from representatives of Knoxville Mayor Madeline Rogero and Knox County Mayor Tim Burchett. Tennessee Lady Vols Basketball Assistant Coach Kyra Elzy will share her personal story of her family's experience with dementia. Additional information and education materials will be available at this event.



OFFICE ON AGING

KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

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

ELDER NEWS & VIEWS

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

IN THIS ISSUE

PAWS AMONG THE BLOOMS, PAGE 2

SPRING JOB FAIR, PAGE 3

OOA WISH LIST, PAGE 10

O'CONNOR SENIOR CENTER CALENDAR, PAGES 5-8

MAY/JUNE 2016

ELDER NEWS & VIEWS

PAGE 12

WHAT IF I NEED A NURSING HOME? NAVIGATE THE MAZE.

Most people plan to stay in their homes as long as possible. When things change, alternate plans need to be considered. Almost 70 percent of people turning 65 will need long-term care at some point in their lives.

Long-term care encompasses everything from long-term services and supports, insurance, finances, Medicare, Medicaid, legal issues, family dynamics, and if needed, nursing home care.

Misinformation concerning the Medicaid program in Tennessee abounds, fueling worry and faulty decisions when it comes to paying for long-term care in the nursing home. "Will the State/nursing home take my home?" is among the most common concerns expressed by families seeking guidance to navigate the maze of legal, financial and care challenges associated with disability in later life.

Mark your calendar and join **Monica Franklin**, Certified Elder Law Attorney, at the Council on Aging meeting on **June 9 at 2:30 p.m.** for a discussion of Tennessee's Medicaid rules, and tips to plan for



long-term care and hang onto assets for future generations. Participants will receive a free copy of Franklin's recently updated second edition of *Saving Momma's Home*.

Monica Franklin's multidisciplinary practice includes social workers, public benefits coordinators, and legal assistants. She and attorney Glen Kyle practice elder law in the following areas: estate planning, life care planning, Medicaid advocacy and appeals, special-needs trusts, conservatorships, and estate and trust administration.

Refreshments will be provided by The Pointe at Lifespring. ■



JUNE MEETING

Date: Thursday, June 9

Time: 2:30 p.m.

Place: O'Connor Center • 611 Winona St.