

ELDER NEWS

JANUARY/FEBRUARY 2018

REVIEWS

OFFICE ON AGING
KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

SENIOR COMPANION PROGRAM HOSTS 10TH ANNUAL SNOWFLAKE BALL, FEB. 3RD

Hosted by the Senior Companion Program, the Snowflake Ball has become a winter tradition in Knoxville. This year, the Snowflake Ball will be on **Saturday, February 3, from 6:00 p.m. to 9:00 p.m.** at the Kerbela Temple, 315 Mimosa Avenue.

Dance and enjoy the sounds of the Al Curtis Orchestra. This is a black-tie optional event with a catered dinner. Tickets cost \$50 each with an early bird special of \$40 if purchased before January 15th and are available from the Office on Aging or by calling Covenant Health at (865) 541-4500.

bring your dancing partner, or make it a friends night out." Come prepared to bid on wonderful silent auction items such as restaurant gift cards, gourmet baskets, art, and electronics. For the third year in a row, two special people will be crowned Snowflake Ball King and Queen.

The Senior Companion Program provides assistance in the homes of frail, homebound persons at no charge. There are currently 80 Senior Companion volunteers serving over 200 individuals, but demand for Senior Companions always exceeds supply, with more than 300 older adults waiting for a companion. Community donations allow the program to train and place more Companions. If you or someone you know is interested in becoming a Senior Companion, call the program at 524-2786 for information.

The Snowflake Ball is sponsored by area businesses and organizations. (See page 3 for sponsors.) ■



Karen Russell of Senior Solutions Management Group and Larry Blair of the Blair X-perience.

Senior Companion Snowflake Ball

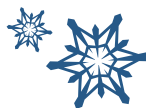
Saturday, February 3rd

6:00 p.m. to 9:00 p.m.

Kerbela Temple, 315 Mimosa Avenue

Tickets: Early Bird Special \$40 per person before January 15 | \$50 per person after

Call 541-4500 to order tickets by phone.



"The 10th annual Snowflake Ball will be a magical night," said Deisha Finley, manager of the Senior Corps Programs. "Come enjoy great food, live music, wonderful company, and dance the night away. You can come alone and make new friends,

O'CONNOR PANCAKE FEST



Plan to enjoy all-you-can-eat Pancakes at the O'Connor Center's Annual Pancake Fest which will feature more than just food at this year's event! Meet elected officials and local celebrities who will be flipping pancakes. Visit the fun information booths to learn about resources available in the community. Enjoy entertainment in the Auditorium as well as in the North Addition with live broadcasts from local radio and TV stations onsite. Pick

your favorite "flipper" and visit while your pancakes are being cooked. Everyone of any age is welcome! In a hurry? Call ahead to order Pancakes to go for your whole crew and be on your way! The money raised at this event will be used to enhance the program of work at O'Connor Center and the Daily Living Center—\$5 is a great bargain for food, fun, and fellowship at the O'Connor Center's Annual Pancake Fest. ■

**Friday, March 2
7 a.m. - 1 p.m.
O'Connor Senior
Center
611 Winona Street**

JOIN KNOX PAWS AT PAINTING WITH A TWIST



Join us at Painting with a Twist for a fundraiser for Knox PAWS (Placing Animals With Seniors) on Thursday, January 25. Guests will enjoy a fun, relaxed, and casual evening while painting their very own picture to take home. All materials, including canvas, paint, and brushes will be provided. No experience is necessary and artist instruction is provided. Attendees over 21 may bring their own

When: January 25, 2018
6 p.m. – 8 p.m.

Where: Painting with a Twist
2415 Callahan Drive,
Knoxville, 37912

Cost: \$35

adult beverages. Enjoy good company as we create artwork suitable for hanging on the wall while supporting the life changing mission of Knox PAWS. Proceeds will go directly to the Knox PAWS program.

To register for this fun event, call 947-7360 or visit the website at www.paintingwithatwist.com.

Knox PAWS matches eligible seniors with adoptable pets. The program works with area animal shelters to match senior pets with senior citizens. Program participants must be 60 years of age or older, residents of Knox County, income-eligible, and live independently in a pet-friendly environment. If you would like to donate or volunteer with Knox PAWS, call 865-524-2786. ■

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HELP OLDER ADULTS STAY WARM THIS WINTER

Project LIVE (Living Independently through Volunteer Efforts) is an Office on Aging program that serves seniors with the goal of keeping them in their own homes. Many Project LIVE clients do not have working heating units. The program is requesting donations of new portable heaters of the ceramic type or electric oil-filled radiant type (that look like radiators but are portable, electric, and safe for seniors). The program also accepts monetary donations toward the purchase of portable heaters. Don't let older adults go without heat this winter.



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



LIVING IT UP AT THE DAILY LIVING CENTER

The Daily Living Center is an excellent adult day facility that provides services for older adults who need a safe and trusted environment. The Center offers respite to their caregivers and enables them to go to work, knowing that their loved one is well cared for during the day. Transportation, two meals per day, and a wide variety of activities and programs are available to participants. The Daily Living Center's hours of operation are Monday-Friday, 7:45 a.m. to 4:15 p.m. ■

NOW ACCEPTING NEW PARTICIPANTS!

If you know someone who could benefit from this valuable program, call Wendy Badgley at 865-689-8412.

SAVE THE DATE: SENIORS FOR CREATIVE LEARNING KICK-OFF, TUESDAY, MARCH 6

Tuesday, March 6
 12:30 pm at O'Connor Senior Center
 611 Winona St.



Seniors for Creative Learning, a partnership between the O'Connor Center and the UT Department of Professional and Personal Development, features an excellent series of lecture-based courses taught by local experts. Sessions meet Tuesdays and Thursdays at the Center, at 1:00 pm and 2:30 pm, with hosted refreshments from 2:00 pm - 2:30 pm. Cost of these courses is \$40/person or \$55/couple. **Registration is through the Department of Professional and Personal Development, via telephone using a credit card at (865) 974-0150.** The Kickoff Luncheon, for those preregistered, is set for 12:30 pm on Tuesday, March 6. ■

Continued from page 1

PLATINUM SPONSORS



The Pointe at Lifespring is anything but ordinary, it's vibrant! The Pointe at Lifespring is a senior living community designed to support the lifestyles of our residents. Our signature service, award-winning Dining by Design program and colorful palette of amenities simply provide an experience like no other. Visit their website at ThePointeSeniorLiving.com or call 865-687-5353.



Senior Financial Group is East Tennessee's expert on Medicare, health and life insurance, with over 30 years of experience. Visit sfgmedicare.com to learn more or call 865-777-0153 to talk with a trusted advisor.



Mac's Pharmacy, your locally owned independent pharmacy, will partner with you to improve your health. Mac's provides information on healthy living through a series of free monthly sessions that focus on diabetes and heart care. Some of the services offered include compounding, medication therapy management, Medi-Sync and Medi-Sync Plus, immunizations, and free delivery. Call the North Knoxville location at 865-524-3453 or the Edgemoor location at 865-954-3333.



The mission of Vista Points, Inc. is to provide trustee services and to help people living with physical, mental or intellectual disabilities, their parents and caregivers, as well as the professionals who serve and guide them. For more information, visit vistapoints.org or call 1-888-422-4076.

GOLD SPONSORS

- Alzheimer's Tennessee, Inc.
- Choices in Senior Care
- Covenant Health
- Life Care Center of Blount County
- Monica Franklin & Associates Elder Law
- Morning Pointe of Powell
- Summit View of Farragut
- The Lantern at Morning Pointe of Clinton

SILVER SPONSORS

- Avalon Hospice
- Smoky Mountain Hospice
- Home Helpers
- NHC Farragut Assisted Living and Healthcare
- Tennova Hospice

BRONZE SPONSORS

- Medical Specialists of Knoxville, Dr. Jeffery Summers
- Homewatch CareGivers
- Long, Ragsdale, and Waters, P.C.
- Quality Home Health

"GRANDPARENTS AS PARENTS" DAY & EVENING MEETINGS

Grandparents or other relative caregivers who are "parenting again" often find themselves in a new and different combined role of being the grandparent and the parent. This new role can bring insecurity, grief, lifestyle changes, and challenges combined with great joy. The CAC Office on Aging's GAP program is here to assist those grandparents and other relative caregivers in finding answers to questions, gaining access to resources, providing educational and supportive programming, and connecting grandparents with others who are experiencing the same joys and concerns.



Upcoming Grandparents as Parents events include several support group meetings, with everyone being welcome to attend. The first GAP meeting of the year will be January 10, 2018 at First Baptist Church in downtown Knoxville. A delicious dinner is provided for families at 5 pm (donations accepted) and the meeting will begin at 6 pm. Child care and youth

programs will be provided. A representative from Regions Bank will present "Protecting Yourself and Family from Financial Exploitation."

On the last Tuesday of the month, January 30, 2018, at the LT Ross Building from 10 am - noon, representatives from the UT College of Law will present a seminar on "Wills." Several third-year UT Law students will be in attendance to privately discuss your individual needs and provide assistance.

On February 27, 2018, at the LT Ross Building from 10 am-noon, the support group will have a presentation on "Staying Healthy During The Winter." All programs are free and open to everyone.

The GAP program also has a Grandparents As Parents resource guidebook to help families navigate the hurdles they may encounter. This guidebook is full of information and resources for anyone caring for children. The guidebooks are available (free) at the CAC LT Ross Building and at the Senior Information and Referral office, located at the O'Connor Senior Center. If you would like more information about the GAP guidebook, support group meetings, or to speak with the GAP Manager, please call 865-524-2786. ■



NOW ACCEPTING NOMINATIONS FOR 2018 DUNCAN AWARDS

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 signature event serves as the major fundraiser for Senior Information & Referral (SIR).

Senior Information & Referral (SIR) is seeking two individuals upon whom to bestow this honor. The two classes for nominations are as follows:

Professional: Eligible individuals are those who

work with seniors in Knox County, and demonstrate a strong commitment for addressing the needs of this population. Individuals who go above and beyond the duties of their positions to advocate for the seniors they serve.

Community: Eligible individuals are those who reside in Knox County and display a passion for serving the needs of the seniors in this community; individuals who give of their time and talents to assist, advocate for and encourage seniors and address senior issues in the area. ■

Nominations for the "Duncan Award," will be accepted through Friday, February 2, 2018.

Duncan Award Nominee: SIR • P.O. Box 51650
Knoxville, TN 37950-1650 or email: SCIRS@oconnorcenter.org

Senior Information and Referral 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. Call Senior Information and Referral at 865-546-6262.

O'CONNOR CENTER SCHEDULE - JANUARY/FEBRUARY

For more information about any program, or to register for programs, contact us: 865-523-1135 or occonnor@occonnorcenter.org
The O'Connor Center is located at 611 Winona Street, Knoxville, Tennessee.

The O'Connor Center will be closed

Monday, January 1, for New Year's Day

Monday, January 15, for Martin Luther King Jr. Day

Monday, February 19, for Presidents' Day

The O'Connor Center

The Staff of the O'Connor Center wishes for each of you a year filled with good health and happiness! May you forget the disappointments of 2017, remember the good times, and move forward to this new year filled with new beginnings, new hopes, and new dreams. Find ways to make a difference, give thanks, and welcome each new day with enthusiasm as you add life to your years here at the O'Connor Center!

JANUARY/FEBRUARY PROGRAMS

Bingo: Wednesdays. Bringing both a new \$1-\$2 gift to be shared as a prize and a \$1 donation to help with program cost is greatly appreciated and helps insure the fun will continue!

Brain Games: Regular games are played on Wednesdays at 12 noon and new participants are welcome.

Camera Club: Let us help guide your development both creatively and technically as we focus on the benefits of participating in the Camera Club. Help us identify goals and objectives of this group as we redefine the Camera Club.

Council on Aging (COA) Meetings: Meetings which occur the 2nd Thursday of each month are open to anyone.

Creative Endeavors: Meeting Monday, February 5. Group has open membership for those who are looking for ways to express their creativity; free membership and newcomers are always welcome.

Creative Writers Workshop: Mondays, January 8 & 22 and February 12 & 26. The Leader offers encouragement and direction to others who enjoy writing.

Cribbage & Card Games: Tuesdays. Great fellowship! Newcomers always welcome!

Dance Classes – Cost is \$2/Class.

Afternoon Dancing: Tuesdays. Opportunity to dance and visit with friends. Instruction available; \$2 donation appreciated.

Beginner-Beginner Line Dance, Wednesdays. Specifically for those with no experience. Resumes Jan. 10.

Beginner Line Dance, Wednesdays. For the beginner with some experience. Resumes Jan. 10.

Belly Dance, Wednesdays. For everyone—a fun and

enjoyable way to exercise; taught by Rusty Rosiland.

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

Dances – Cost varies per dance.

Tea Dance: First Tuesdays, January 9 and February 6; great fellowship! Cost is \$2.

3rd Friday Night Dances w/Refreshments: January 19 and February 16. "ALL TYPE" dance with great music, food, fun, and a special DJ from Pro-Audio Mobile DJs. Cost is \$5.

Saturday Night Ballroom Dances with Refreshments: January 13, Winter Wonderland Dance with the David Correll Band; February 10, Valentine Dance featuring the Mood Swing Band. Cost: \$5/Dance Club Members; \$7/Non Members.

Fabric Painting: Mondays, November 13 & December 11. Enjoy socializing with others during this self directed activity. Some supplies and tools available and newcomers are always welcome.

Flower Lovers Club: Meets 2nd Thursday each month, except January; open membership.

French: Tuesdays, except January 2. Enjoy expanding your French vocabulary!

Fun Film Fridays: Enjoy a weekly movie and popcorn; donations appreciated.

Genealogy: Genealogy is one of the fastest growing hobbies in the United States. Join us Wednesdays, January 10 & 24 and February 7 & 21, to find your roots.

Gift Shop: Wonderful and unique gifts are available Monday-Friday from 10 am-2 pm until December 22 and after January 2. Call for membership info.

Greenhouse: "Green Thumbs" are needed in the greenhouse on Tuesdays and Fridays.

Happy Hikers: Thursdays. Newcomers are always welcome; please call Carrie Roller at 719-1604 if you are interested in participating in a hike or for additional information. Please meet at the trailhead at 10 am, unless otherwise stated.

Jan 4 Optional Hike
Call Carrie Roller for information

Jan 11 Annual Meeting at O'Connor
Call Carrie Roller for information

Jan 18 Urban Wilderness South Loop
5-mile moderate walk/hike

Jan 25 Alcoa Greenway
5-mile moderate hike

Feb 1 Optional Hike
Call Carrie Roller for information

Feb 8 East Lakeshore Trail
6-mile moderate hike

Feb 15 Gatlinburg Trail
4-mile easy to moderate walk/hike

Feb 22 Lone Mountain/Coyote Point

7.6-mile moderate to strenuous hike

Harrah's Trip: Please call the Center at 523-1135 for trip dates. Cost is \$35/person.

Internet Café: Open daily, 8:30 am - 4:30 pm. Pop in to check the latest weather or news update. A Kindle, iPad, and laptop can be checked out. "Dr. Ron" is available for computer questions and answers Tuesdays, 10:30 am to 3:30 pm--**Please call to schedule an appointment.**

Italian: Tuesdays, 11:00 am, except January 2. Expand your Italian vocabulary beyond gelato or ciao!

Knitting & Crocheting: Thursdays. Free instruction available by Linda Costner. Newcomers always welcome.

Legal Assistance: January 1, 15 & 29 and February 5 & 19. Call 637-0484 to schedule an appointment for free legal services for seniors.

Loss & Life Changes Support Group: Mondays. Pat Green, Group Leader/Social Worker and Bereavement Coordinator with Tennova Healthcare, listens to concerns and offers encouragement. Newcomers are welcome to this informal time of sharing which always ends on a positive note.

Low Vision Group: The Low Vision Group is an active part of the Center and new members are always welcome. If you know someone who would like to be involved in Center events, please encourage them to call the Center today.

O'Connor Center Band (Cadet for Beginners/ Concert for Advanced): Wednesdays. Band Director Linda Edwards will make a place for anyone who wishes to be a band member. She works magic and provides encouragement and direction to newcomers and pros alike!

Old Time String Band: Anyone who plays an acoustic string instrument, sings, or just likes to listen and dance, will enjoy this Friday afternoon get-together! Everyone welcome, regardless of skill level.

Painting (Advance & Beginner): Class instruction provided by Ann Birdwell; new 10 week Wednesday session begins January 3; cost is \$40. Call for details.

Painting with Washable Oils: Tuesdays. Instructor: Liberty Gialelis. Cost is \$20 for new 5-week session beginning January 9. Beginners and newcomers welcome. Call for information.

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

PBS Screening of Victoria: January 12. Enjoy a cup of tea/coffee and a "teacake" while being one of the first to view *Victoria!* Follow her life from the time she becomes Queen through her passionate courtship and

JANUARY 2018 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
1 CENTER CLOSED <i>Happy New Year 2018</i>	2 11:30 Washable Oils 12:00 Hearing Screening & Hearing Aids Checked	3 12:00 Brain Games	4	5 12:30 Fun Film Friday 1:30 Old Time String Band
8 9:30 Creative Writers 10:00 Veterans Q & A 12:00 Lunch & Learn 1:30 Fabric Painting	9 11:30 Painting with Washable Oils <i>NEW 5 wk. SERIES</i> 1:30 Tea Dance French & Italian Classes Resume	10 10:00 Apple Basics 12:30 Android Basics 1:00 Genealogy Class	11 9:00 Knitting Resumes 10:00 Apple Basics 12:30 Android Basics 12:00 Diabetic Sweet Spot 2:30 COA Meeting	12 10:00 Health Hub 🍏 2:00 PBS "Victoria" Premiere 13 7:00 Winter Wonderland Dance—David Correll Band
15 CENTER CLOSED  MARTIN LUTHER KING JR. DAY	16	17 9:00 Advisory Board 9:00 Toenail Clipping 10:00 Camera Club 1:30 AARP Ch. 85	18 10:00 Intro to Facebook 12:30 Awesome Apps 2:00 With Hope in Mind	19 8:45 Senior Advanced Cardio 11:00 Silver Stage Players Practice Resumes 7:00 Variety DJ Dance
22 9:30 Creative Writers	23	24 1:00 Genealogy Class	25	26 10:00 Gift Shop Meeting 10:00 Health Hub 🍏
29 9:00 Legal Assistance <i>by appointment only</i> 12:00 Lunch & Learn	30	31		Legal Assistance available by appointment. Call 637-0484 for more information.

RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 Blood Pressure Checks Monday—Friday 10:30 am-11:30 am	9:00 Quilting 9:00 Greenhouse 9:00 Tai Chi 10:00 Basic Arthritis Exercise 10:00 French 10:00 Party Bridge 10:00 Tai Chi Set Practice 10:00 Water Aerobics 10:00 Yoga 11:00 Italian 11:00 Adv Arthritis Exercise 11:20 Seated Yoga 11:30 Washable Oils Painting 1:00 Cribbage & Table Games 1:30 Afternoon Dancing	8:30 Open Painting 8:45 Advanced Senior 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 Brain Games 12:15 Health & Humor 12:30 Beginner Painting 12:30 Belly Dance 12:30 Texas Hold'Em 1:30 Beg. Beg. Line Dance 1:30 Bingo 2:00 Beginner Line Dance	8:30 Blood Glucose Checks 9:00 Knitting & Crocheting 9:00 Tai Chi 10:00 Basic Arthritis Exercise 10:00 Cards & Games 10:00 Happy Hikers 10:00 Tai Chi Set Practice 10:00 Thursday Walkers 10:00 Water Aerobics 10:00 Yoga 11:00 Adv Arthritis Exercise 11:20 Seated Yoga	9:00 Greenhouse 9:00 Woodcarving 10:00 Beginner Spanish 10:00 Water Aerobics 11:00 Intermediate Spanish 12:30 Fun Film Friday 1:30 Old Time String Band Billiards Room Open Monday—Friday 8:30 am-4:30 pm

FEBRUARY 2018 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
Blood Pressure Checks Monday—Friday 10:30 am-11:30 am			1	2 9:30 Matter of Balance
5 9:00 Legal Assistance <i>by appointment only</i> 10:00 Apple Advanced 11:30 Creative Endeavors 12:00 Lunch & Learn 12:30 Android Advanced	6 9:30 Singing Seniors 10:00 Apple Advanced 12:00 Hearing Screening & Hearing Aids Checked 12:30 Android Advanced 1:30 Tea Dance	7 9:00 Piano Lessons 9:00 Tax Assistance 9:00 Toenail Clipping 1:00 Genealogy Class	8 9:00 Piano Lessons 12:00 Diabetic Sweet Spot 2:30 COA Meeting	9 9:30 Matter of Balance 10:00 Health Hub 🍏 7:00 PM 10 Valentines Dance Featuring Mood Swing
12 9:30 Ask-A-Pharmacist 9:30 Creative Writers 10:00 Veterans Q & A 1:30 Fabric Painting	13 11:00 Painting with Washable Oils <i>NEW 5 wk. SERIES</i> 2:00 Adult CPR Course	14 9:00 Piano Lessons 9:00 Tax Assistance 12:00 Low Vision Trip	15 9:00 Piano Lessons 1:00 Flower Lovers 1:00 Silver Stage Players <i>Present "Letters of Love"</i> 2:00 With Hope in Mind	16 9:30 Matter of Balance 7:00 PM VARIETY DJ DANCE
19 CENTER CLOSED  PRESIDENTS' DAY	20 11:30 Activity Professionals Meeting	21 9:00 Advisory Board 9:00 Piano Lessons 9:00 Tax Assistance 9:00 Toenail Clipping 10:00 Camera Club 1:00 Genealogy 1:30 AARP Ch. 85	22 9:00 Piano Lessons	23 9:30 Matter of Balance 10:00 Health Hub 🍏
26 9:30 Creative Writers 12:00 Lunch & Learn 1:00 Market Group	27	28 9:00 Piano Lessons 9:00 Tax Assistance 10:00 Intro to Facebook 12:30 Smartphone/Tablet Camera Class	Call 865-974-0150 to register for Seniors for Creative Learning Kickoff — Mar. 6	MARK YOUR CALENDARS! PANCAKE FEST FRIDAY, MARCH 2  7:00 am—1:00 pm

RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45 Adv. Senior Cardio 10:00 Party Bridge 10:00 Water Aerobics 10:30 Loss & Life Changes Support Group Blood Pressure Checks Monday-Friday 10:30 a.m.-11:30 a.m.	9:00 Quilting 9:00 Greenhouse 9:00 Tai Chi 9:45 Singing Seniors 10:00 French 10:00 Party Bridge 10:00 Tai Chi Set Practice 10:00 Water Aerobics 10:00 Yoga 11:00 Italian 11:20 Seated Yoga 11:30 Washable Oils Painting 1:00 Cribbage & Table Games 1:30 Afternoon Dancing	8:30 Open Painting 8:45 Adv. Senior 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 Brain Games 12:30 Beginner Painting 12:30 Belly Dance 12:30 Texas Hold 'Em 1:30 Beg. Beg. Line Dance 1:30 Bingo 2:00 Beginner Line Dance	8:30 Blood Glucose Checks 9:00 Knitting & Crocheting 9:00 Tai Chi 10:00 Cards & Games 10:00 Happy Hikers 10:00 Tai Chi Set Practice 10:00 Thursday Walkers 10:00 Water Aerobics 10:00 Yoga 11:20 Seated Yoga	9:00 Greenhouse 9:00 Woodcarving 10:00 Beginner Spanish 11:00 Intermediate Spanish 10:00 Water Aerobics 11:00 Intermediate Spanish 11:00 Silver Stage Players 12:30 Fun Film Friday 1:30 Old Time String Band Billiards Room Open Monday—Friday 8:30 am-4:30 pm

O'CONNOR, CONTINUED FROM P. 5

marriage to Prince Albert. This lavish premiere season of Victoria dramatizes the romance and reign of the girl behind the famous monarch. Please call to let us know you will be enjoying this special movie premier at 2:30 pm.

Quilting: Tuesdays. Learn quilting skills and tips from our experts. Newcomers are needed! If you have tops that need to be quilted, please call for information.

Silver Stage Players Performance: Practice will resume **January 19**. On **Thursday, February 15**, the Silver Stage Players will perform their original works--all about **love**. Love can be nostalgic, romantic, sad, or funny. . . so join us for this spectacular presentation... without a doubt, you'll **love** it!

Singing Seniors: Taking sign-ups now! If you witnessed the Singing Seniors performance over the holidays and would like to join, call today. Deadline to register is **Tuesday, January 2**, so music can be ordered to arrive before rehearsals resume on Tuesdays, beginning February 6.

Spanish: NEW CLASS TIMES! *Beginners* class every Friday, 10:00 am; new *Intermediate* class Fridays at 11:00 am. Classes are taught by Bonito Lopez Abarca.

Tax Assistance: Free tax help for seniors begins February 8 and will continue every Wednesday until April 12. Center Doors open at 8 am and numbers will be assigned as you enter; tax preparation begins at 9 am. Call the Center to determine what paperwork will be required.

Texas Hold'em: Wednesdays. Enjoy fellowship and competition with experienced and inexperienced card players; newcomers welcome! Cost is \$2/class.

Thursday Walkers: Walks in general are approximately 2 miles and less difficult than hikes. Call Joyce Dukes at 525-2540 with questions and see Sunday's *Weekly Update* for hike details.

Veterans Services: January 8 & February 12. The Knox County Veterans Service Office representative will be available to answer questions or provide direction concerning the latest changes.

Woodcarving: Fridays. Open to all, regardless of experience. Personal instruction is available if needed. Call the O'Connor Center to get a list of supplies needed.

Adult CPR Course: Tuesday, February 13 at 2:00 PM. \$5.00 per person and pre-registration is required.

Ask-A-Pharmacist: 9:30-10:30, Monday, February 12, Walgreens RPH Jay Wyrick will be available for questions.

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

Blood Pressure Checks: Monday-Friday, 10:30 am-11:30 am. Tuesday checks provided by Quality Home Health Care.

Exercise: Arthritis Foundation, Tuesday/Thursday: The **Advanced Class** has good physical exertion and is \$2/class; the **Basic Class** offers seated exercise with *limited* physical exertion and is \$1/class. In addition to exercise, the O'Connor Friendly Nurse insures the class meets your daily requirement of fun and fellowship. *Classes resume January 9*.

Exercise: Senior Advanced Cardio: Monday and Wednesday. Class meets **2 days/week**. This Covenant-led low impact aerobic class includes an increased level of intensity and a strenuous workout. Cost is \$3. Newcomers welcome. *Classes resume January 3rd*.

Health and Humor: Laughter will always be the best medicine! Enjoy fellowship with Nurse Claudia and others who enjoy laughing AND learning! Wednesdays at 12:15 pm beginning January 10th.

Hearing Screening & Hearing Aids Checked/Cleaned by a Beltone

Representative: January 2 & February 6.

Matter of Balance: 8-week series on Fridays

starting February 2 at 9:30 AM until 11:30 AM and taught by Beth LaFontaine from UT Medical Center. Learn practical strategies to prevent falls and increase your activity level!

Sweet Spot for Diabetics: 2nd Thursday of each month. This Diabetic Support Group, led and sponsored by Mac's Pharmacy, includes Group Education, Discussion, and a **COMPLIMENTARY DINER LUNCH** for those who **pre-register**.

Taoist Tai Chi Classes and Practice: Tuesdays and Thursdays. This year try Tai Chi to help reduce stress and anxiety and enjoy this time of meditation in motion! Newcomers are always welcome.

Toenail Clipping with Kelli, by Appointment Only: Cost is \$12. Call 523-1135 to schedule an appointment on January 17, February 7, and February 21.

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

With Hope in Mind/ National Alliance on Mental Illness (NAMI): Thursdays, January 18 and February 15. Support group for families dealing with various forms of mental illnesses. Contact Gerald Segroves at 523-7284.

Yoga: Tuesdays & Thursdays, 10 am; Seated Yoga: Tuesdays & Thursdays at 11:20 am: Classes held at the YMCA.

Lunch & Learn @ 12:00 Noon: Reservation must be made by Thursday of the previous week to get a free lunch!

January 8, Headaches 101: Scot Helms, from Humana, will discuss the different types of headaches and triggers that might cause them. Box lunches will be provided.

January 29, Life and Culture in West Africa: Sue Massingill will share her experiences while serving in West Africa with the International Mission Board.

February 5, Prepare for the Unexpected: Rick Harrington, Coordinator for LifeStar, will discuss the signs and symptoms of various medical emergencies and how to manage the situation.

February 26, History of UT Men's Basketball: Join Larry Smith, Basketball Historian, as he enlightens you with information and memorabilia about UT's Men's Basketball.

Mobile Meals Dine-A-Mite Diner Health Hub: Come to each session and earn points towards prizes!

January 12 **Fall Prevention:** Learn how to help prevent falls through exercise and other preventative measures. Healthy snacks provided!

January 26 **Healthy Cooking for One:** Cooking healthy meals for just one or two people doesn't have to be difficult. Learn how to create a meal plan to help you make delicious, healthy meals.

February 9 **Volunteerism:** How does volunteering impact your community and your health? Join Eden Slater from CAC Office on Aging and learn about ways you can volunteer in your community. Healthy snacks provided!

February 23 **Snack Smart:** Learn how to choose and make healthy snacks. Participants will make snacks during this session and take recipes home.

SENIOR SAVVY COMPUTER CLASSES - PLEASE PRE-REGISTER AND PRE-PAY
Computers, as well as some iPads, tablets, etc., are available; please indicate need when registering.

Apple Basics Class: \$25 for the 2-day class
 Wed./Thurs. Jan. 10 & 11 10:00 am to 12:00 noon
Facebook: \$15 for the 1-day class
 Thurs. Jan. 18 10 am to 12 noon
 Wed. Feb. 28 10 am to 12 noon

Apple Advanced Class: \$25 for the 2-day class
 Mon./Tues. Feb. 5 & 6 10 am to 12 noon
Make the most of your Smartphone/Tablet Camera: \$15 for the 1-day class
 Wed. Feb. 28 12:30 pm to 2:30 pm

Android Basics Class: \$25 for the 2-day class
 Wed./Thurs. Jan. 10 & 11 12:30 pm to 2 pm
Awesome Apps: \$15 for the 1-day class
 Thurs. Jan. 18 12:30 pm to 2 pm
Android Advanced Class: \$25 for the 2-day class
 Mon./Tues. Feb. 5 & 6 12:30 pm to 2 pm

CALL 523-1135 FOR INFORMATION AND TO REGISTER FOR CLASSES. PRE-PAYMENT REQUIRED. Classes are taught by Social Media 4 Seniors Staff.
"Dr. Ron" will be available for computer "questions and answers" on Tuesdays, 10:30 am to 3:30 pm. Call to schedule an appointment.

OOA CONTRIBUTORS

CONNECTING HEARTS
 TEGNA Foundation

LIVE
 AARP Chater #85

PAWS

RSVP

Jeffrey Williams
 John Williams
 Amber
 Joe
In Memory of Mother
 Mary Dimauro
In Honor of Gabrielle Blake
 Michael & Deisha Finley

FEED A PET
 Anonymous
 Peter & Fawn Landrum
 Steve & Linda Oliver
 Martha Rosson
In Memory of Lucille Millspaugh
 Anonymous

O'CONNOR CENTER
 Jim & Frankie Hicks
In Memory of Frank Limpus, Sr.
 Christopher & Kimberly
 Burkard
In Memory of Frank Limpus, Sr.
 Dr. Carol A. Akerman

Anonymous (1)
 Carla Babyak
 Terese Hullander
 Nancy Roberson
In Honor of Carol Harold
 Dennis & Kathy Hayward
In Memory of Rochelle "Shell"
 Sandidge
 Katherine Noyes

SENIOR COMPANIONS
 Luke Dailey
 Adrian & Larsen Jay
 Gordon P
 Kristy Ritch
 Jeff Williams

OCTOBER 2017 & NOVEMBER 2017 DONATIONS

MOBILE MEALS
 Anonymous (10)
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 Glen Anderson
 Bob Andres
 Ken and Kaye Brock
 R. & S. Brown
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 Church, J. Ray Stuart Sunday
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 Jerry & Cindy Eisele
 David & Linda Flores
 Harvey Kaufman
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 Byron Lewis
 Pam Lovell
 Debbie Lowe
 David McCormick
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 Homemaker's Sunday School
 Class

Kevin Riley
 St. Luke's Episcopal Church,
 Outreach
 Elizabeth Wieselquist
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In Memory of Sheila Akans Brown
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In Memory of Willie Gardner
 Joseph Gardner
In Honor of Dale King
 Anonymous
In Memory of Hobart Palmer
 Frederick Beal
In Memory of Hobart Palmer
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In Memory of Ray Rutherford
 Barbara Rutherford
In Memory of Velda Pete Williams
 Tom Fecco
AAS DONATIONS
 Anonymous (4)

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 Sunday School Class
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In Memory of Raymond (R.D.)
 Baldwin
 Harry Baldwin
In Memory of Barbara Monty
 Jamie Harris & David Massey

In Memory of Ruth Martin
 Jamie Harris & David Massey
In Memory of Andrew Paul Sorrells
 Curtis Sorrells
In Memory of Andrew Paul Sorrells,
II
 Edwina Sorrells
In Memory of Judith Wurth
 The Villas at Harrison Glen
 Neighbors
ONE SENIOR FOR ONE YEAR
 Anonymous (1)
FIVE SENIORS FOR ONE YEAR
 East Tennessee Foundation,
 Packard Fun

JANUARY COA: WARM HOMES & HAPPY WALLETS



JANUARY MEETING

Date: Thursday, January 11

Time: 2:30 p.m.

Place: O'Connor Center
611 Winona St.

Winter weather got you down but your utility bills up? Join us for our January Council on Aging meeting as representatives from Knoxville Utility Board give us tips and tricks for keeping our houses warm and cozy without breaking the bank. We will also be joined by a representative from the Alliance for Clean Energy who will bring literature and a free energy-efficient light bulb. The meeting, held at O'Connor Senior Center, is on Thursday, January 11 at 2:30 pm. Refreshments will be provided and the program is free. Parking is ample. ■

WE ARE LOOKING FOR A FEW GOOD GRANNIES

The Foster Grandparents Program provides opportunities for low-income persons age 55 or over to extend supportive services in health, education and welfare settings to children having special or exceptional needs.

The Foster Grandparent Program is a mentorship program, not part of the fostering system.

A Foster Grandparent:

- Is in good physical and mental health
- Is able to meet income guidelines
- Is willing to serve 20-40 hours a week
- Is capable of serving children with special needs
- Can pass a background check

Foster Grandparents Benefits

- Tax-free hourly stipend
- Transportation mileage reimbursement
- Paid orientation and ongoing training

- Recognition events
- Socialization

Foster Grandparents Assist in Development of

- Motor skills
- Self care
- Learning skills
- Independence

Foster Grandparents Provide

- Emotional support
- Role model/mentoring
- Tutoring
- Tender love and care

Foster Grandparents are Assigned to

- Public schools
- Afterschool programs
- Head Start programs
- Day care centers

If you are interested in becoming a Foster Grandparent, call the Office on Aging at 865-524-2786. ■

ELDER ABUSE : A NEW ADVOCATE

Are you or someone you know being harmed? It can be a hard thing to talk about but you are not alone. Services do exist within our community to help you.

If you suspect or know that an older person is being harmed by a caregiver, friend, or family member, the first thing to do is contact Adult Protective Services (APS). APS has the power to respond to a variety of cases regarding older adults who are being harmed. You can report to APS at 1-888-277-8366.

But even if APS is not able to help you, do not feel discouraged. You can always contact your local law enforcement office. There is also a new case manager at the Office on Aging who works specifically with older adults who have been harmed. Elder abuse survivors often require help moving on with their lives. Some of their needs may include: help staying safe in their home or finding new and affordable housing; replacing necessary tools such as walkers which have been taken from them; or just someone to accompany them to the courtroom.

If you or someone you know has been a victim, please reach out for help. Our office has information that can be shared at your church or civic group on how to identify, report, and respond to elder abuse in our community. Contact the Office on Aging's case manager at 865-524-2786. ■

••••• TO KEEP YOU INFORMED •••••

KICK OFF THE NEW YEAR, VOLUNTEER!

What is your New Year's resolution? Like much of the population, you may have decided this is the year to pursue better health, a more active life, or a new hobby or goal. Did you know that volunteering can help you reach these goals?



According to the Mayo Clinic, volunteering has numerous benefits, including:

- 1. Decreased Risk of Depression:** Especially in persons age 65 & older, volunteering increases socialization & builds a support system on common interests, which leads to a happier life.
- 2. Maintained Physical and Mental Activity:** Volunteer activities get you moving & thinking at the same time. Many older volunteers report an increase in life satisfaction & overall wellbeing.
- 3. Increased Sense of Purpose:** Getting out & helping the community offers volunteers a sense of accomplishment, motivating positive outcomes in all aspects of your life.
- 4. Reduced Stress Levels:** Volunteering enhances your social networks, offering a sense of meaning & appreciation, which can decrease stress and risk of disease.

RSVP is a network of volunteers, age 55 and older, assisting 30+ organizations across Knox County. RSVP has a long list of opportunities, from delivering Mobile Meals, to driving seniors to appointments, to planting at Ijams Nature Center, to assisting with the Volunteer Income Tax Assistance program. Call today to find out how you can get involved in helping the community and your health!

DID YOU KNOW?

- VOLUNTEERING** offers a sense of **PURPOSE**
- VOLUNTEERING** decreases the risk of **DEPRESSION**
- Volunteering** is good for your health!
- VOLUNTEERING** helps you stay physically & mentally **ACTIVE**
- VOLUNTEERING** helps to reduce **STRESS**
- VOLUNTEERING** decreases the risk of **DEPRESSION**

For more information and ways to volunteer with RSVP, please contact RSVP Coordinator **Eden Slater** at (865) 524-2786 or eden.slater@knoxseniors.org.

“What is the essence of life? To serve others and to do good.”
~Aristotle

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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knox00a@knoxseniors.org • www.knoxseniors.org

CAC POLICY FOR SNOW CLOSINGS

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

OFFICE ON AGING

KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

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

ELDER NEWS & VIEWS

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

OFFICE ON AGING: (865) 524-2786

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

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JANUARY/FEBRUARY 2018

ELDER NEWS & VIEWS

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GETTING YOUR BITE BACK

We all get only one set of permanent teeth, so it is crucial to take care of them for our entire lives. Poor dental health can cause risks of heart disease, diabetes, serious infections, and more. What can we do as we age to protect our teeth and our health? What is available to help pay for these services as we need them?

Dr. Jason R. Kennedy began his journey into oral surgery began at the University of Louisville, where he received a Doctorate of Dental Education. He considers himself extremely lucky to have completed residency at the University of Tennessee, one of the premier Oral Maxillofacial teaching hospitals in the United States. His professional interests include oral rehabilitation with dental implants, maxillofacial trauma, and head and neck pathology. ■



FEBRUARY MEETING

Date: Thursday, February 8, 2018

Time: 2:30 p.m.

Place: O'Connor Center
611 Winona St.



Dr. Jason R. Kennedy