

## POWER OF THE PURSE: A MOBILE MEALS EVENT

**Power of the Purse** is a new event that will include a purse sale, a luncheon, and a silent auction. The fun begins with Purse Madness, where purses will be on display and for sale in a range of prices. The purses will each have a surprise gift inside: no peeking until you buy the purse! Items inside the purses can be coupons, gift cards, cosmetics, note cards, small decorative items, and so forth. Next will be lunch and the silent auction, during which, attendees will have the opportunity to bid on a variety of items such as designer purses packaged with vacations, event tickets, jewelry, gift certificates, celebrity-signed merchandise, and other donated goodies.

"This is a fun event," Long said. "The money raised will go to delivering hot meals to local frail seniors. Even if you come just to have lunch and hear about Mobile Meals, we'll be happy. We'd love for you to join in the fun by purchasing a purse or bidding on a silent auction item, but the event is really all about the message."

Tickets are available for \$40 for individuals or \$300 for a table of eight. To reserve by credit card, call Covenant Senior Services at **865-541-4500**; or send your check made payable to Mobile Meals.

**Mobile Meals is accepting donations for *Purse Madness* or the auction.** New or like-new purses of all shapes and sizes, vintage bags, evening purses, and men's wallets, satchels, or "man bags" are all welcome. Items of greater value for the silent auction are also needed. If you can assist with donations, you may call for a pick up or drop them off at these locations:

- Lily Pulitzer Palm Village Store, Western Plaza, 4315 Kingston Pike, 37919, Mon.-Sat., 10 a.m.-6 p.m., Sun., noon-5 p.m.
- CAC Office on Aging, 2247 Western Avenue, 37921, Mon.-Fri., 8 a.m.-4:45 p.m.
- Senior Financial Group, 100 Glenleigh Court, 37934, Mon.-Thurs., 8:30 a.m.-4:30 p.m., Fri. 8:30 a.m.-noon

**Mobile Meals is actively seeking community partners for this event!** If your business could donate an item that has retail value (for auction) or funds to offset costs, we would love to partner with you.

For more information on how you can become a sponsor, contact Shelly Woodrick, Mobile Meals volunteer coordinator, at 865- 524-2786, or [shelly.woodrick@knoxseniors.org](mailto:shelly.woodrick@knoxseniors.org). ■



### POWER OF THE PURSE

**Date:** Thursday, Sept. 17

**Time:** 11 a.m.

**Place:** Rothchild  
Conference Center  
8807 Kingston Pike  
37923

**Tickets:** \$40 (individual)  
\$300 (table of eight)

Call 541-4500 to purchase

## HELP WITH YOUR FOOD BUDGET MAY BE A SNAP



The CAC Office on Aging (OOA) recently received a \$25,000 grant from the National Council on Aging (NCOA) for the SNAP Enrollment Initiative. The grant will allow OOA staff to educate adults over age 60 about how easy it is to apply for the Supplemental Nutrition Assistance Program (SNAP), dispel misconceptions that they have about the program, and personally help them through the application process.

Seniors are often reluctant to apply for SNAP, thinking that the benefit is not enough to “bother” with, that the stores where they shop don’t accept SNAP benefits, or that they are taking the benefit away from families in need. None of these are true, of course. Seniors often receive a much larger benefit than they expect from SNAP, whose benefits are widely accepted at stores. Everyone who qualifies for SNAP benefits and enrolls in the program gets the help that they need.

The final reservation that seniors have about applying for SNAP is that they think it is too hard to apply. That’s where the Office on Aging can help. We have trained staff who can help seniors all the way through the application process to find out if they are eligible for the program.

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! If you could use a little more money in your grocery budget, call the Office on Aging at (865) 524-2786. ■

## SCSEP: YOUR TICKET TO JOB SUCCESS



The Senior Community Service Employment Program (SCSEP, pronounced “SeeSep”) is a federal program funded by the U.S. Dept of Labor. Housed at Knoxville-Knox County CAC Office on Aging, SCSEP helps older adults find temporary, part-time training positions while helping them to obtain the skills needed to secure permanent employment.

While employed as SCSEP participants, the older workers are assigned to more than 30 local nonprofit and government agencies, including the Boys and Girls Club, American Red Cross, Cerebral Palsy Center, and the local school system.

In addition to receiving on-the-job training, SCSEP participants are involved in other opportunities that will enhance their job-search activities, including **Job Club**, which allows them to update job-seeking skills such as resume writing, interviewing techniques, and self-confidence workshops, and **Digital Inclusion** classes that introduce and sharpen skills on basic computer applications and iPads. (See more about Digital Inclusion classes, and how you can be involved, on page 3.)

If you or anyone you know is looking for a job and is 55 or older, unemployed, and legally able to work in the U.S., you should check with the staff of SCSEP to see if you meet other eligibility guidelines to participate in the program. It could be your ticket to employment success! Contact SCSEP at the Office on Aging, 524-2786, or [brenda.tate@knoxseniors.org](mailto:brenda.tate@knoxseniors.org). ■



## DIGITAL INCLUSION: INVITING SENIORS TO “JOIN THE CONVERSATION”



Everyone needs to be included in the world of digital technology, whether it's the ability to write a resume on a laptop, text a family member on a smartphone, watch a YouTube video, download digital images, or a host of other activities that require digital skills.

Many older adults feel “left out of the conversation.” However, older people are quite capable of learning how to use computer technology—in fact, their generation invented it! They just need the proper tools, equipment, instruction, and environment to do so.

The Office on Aging (OOA) and its programs, including the O'Connor Center, are working to help seniors get up to speed on digital skills that will help them communicate, work, and play in a digital world. This includes Facebook, Twitter, Pinterest, data storage, photo sharing, and technology safety and security.

The O'Connor Center offers its Tech Savvy Senior classes every month for those who need basic or advanced training on a number of devices, including everything from computers to tablets, smartphones, and more. These classes are offered Monday through Thursday for a

small fee; cost varies. Some equipment is available at no charge during the classes.

You can pick up a schedule at the Center, 611 Winona Street, or call 523-1135 for more information or have one mailed to you. If you're already familiar with getting online, you can find the current schedule at: [http://www.knoxseniors.org/documents/Tech\\_Savvy\\_2015.pdf](http://www.knoxseniors.org/documents/Tech_Savvy_2015.pdf).

Some OOA groups, Senior Corps volunteers, and people who are receiving job training through SCSEP are able to take the classes on Fridays at no cost. **Anyone who is interested in learning digital skills but can't afford the cost of the classes may apply to the OOA to attend these Friday classes by calling Brenda Tate or Deisha Finley at 524-2786. ■**

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# PAWS AMONG THE BLOOMS



This year's PAWS Among the Blooms event was our most successful ever. We wish to thank those who made the event happen:

- **Stanley's Greenhouses**, for providing a space for us to pause among the beautiful blooms of their greenhouses, to meet friends, to share a glass of wine, to share stories, pet dogs, listen to music, and relax on a Friday evening.
- **Akima Club**, for providing food and volunteers who provided food service throughout the event.
- **Knoxville Beverage Company** and **Arbor Terrace**, for providing wine for the bar.

- **John Cole**, our talented and versatile musician, who has been a great friend to PAWS for many years, and to a new friend, **Mitchell Bain**, who lent his photographic skills to document the event.

Thanks also go to our sponsors, who gave so generously to PAWS Among the Blooms.

Many thanks, too, to all of those who donated items for the Silent Auction. The auction raised more money than ever before, which will allow PAWS to match more senior shelter animals with older people who are alone and isolated.

PAWS can always use donations of money and pet-related items and services. To donate, go online to [www.knoxseniors.org](http://www.knoxseniors.org) or send a check to Knox PAWS at P.O. Box 51650, Knoxville TN 37950-1650. If you have pet-related items or services to donate, call the program at 524-2786. ■



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## WAYS TO HELP THE COUNCIL ON AGING DURING SUMMER BREAK

The Knoxville-Knox County Council on Aging (COA) is an independent 501(c)(3) organization that serves as an advisory body to the CAC Office on Aging. Members of the COA help identify the needs of seniors in Knox County and the resources to meet those needs. Anyone who is interested can join the council. Meetings are held on the second Thursday of each month (except July and August) at the O'Connor Senior Center at 2:30 p.m. Please contact the Office on Aging at 524-2786 for membership information.

**The following programs offer ways to donate to COA without any additional cost beyond your purchases. Please consider taking advantage of these opportunities to help vulnerable Knoxville and Knox County seniors.**



**Kroger Community Rewards®:** Kroger Community Rewards® allows you to designate the charity of your choice to receive a portion of its charitable giving funds every time you shop at Kroger with your Kroger Plus card. You can register your choice of charity online or by phone, at [www.krogercommunityrewards.com](http://www.krogercommunityrewards.com) or 1-800-576-4377 (choose Community Rewards). We ask that you consider choosing the Knoxville-Knox County Council on Aging. All funds stay in the local community and provide direct services for seniors.



**Amazon. A Reason to Smile:** Amazon will donate 0.5% of the price of your eligible purchases when you shop at AmazonSmile ([smile.amazon.com](http://smile.amazon.com)). Please buy books, e-books and other merchandise on the AmazonSmile website, designating Knoxville-Knox County Council on Aging as your choice of recipient for the charitable giving program. You must remember to enter the site through the smile.amazon.com address each time that you make a purchase, rather than through [amazon.com](http://amazon.com) for COA to benefit.



**iGive.com:** iGive.com allows you to support your favorite cause with a percentage of your online shopping. Every time you shop at any of the 1,500+ online stores in the iGive network, a portion of the money you spend benefits Knoxville-Knox County Council on Aging. It's a free service, and you'll never pay more when you reach a store through iGive. To get started, just create your free iGive account. Start iGiving at: [www.iGive.com/Knoxville-KnoxCountyCouncilonAging](http://www.iGive.com/Knoxville-KnoxCountyCouncilonAging). ■



## O'CONNOR SENIOR CENTER SCHEDULE - JULY/AUGUST

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

The O'Connor Center will be closed on Friday, July 3, for the Independence Day Holiday.

There are lots of fun opportunities this summer at O'Connor but there are a couple of special dates to remember. One is our Independence Day set for **Thursday, July 2**. Enjoy great fellowship, good barbecue, and take advantage of the opportunity to meet and be entertained by the beautiful and talented Ms. Lauren Monahan, who was recently crowned Ms. Senior Tennessee 2015!!

Also save the date – **August 26** – for the Fall Program Preview (9:30–11:30 a.m.), the Happy Hikers Ice Cream Social (noon), and the AARP Shredding Truck (10 a.m.–2 p.m.)! Learn about O'Connor Center activities planned for upcoming months while the Happy Hikers serve “mountains” of ice cream that will remind you that you're invited to join them on hikes in the hills of East Tennessee! Save your confidential documents that need to be shredded and bring them with you – AARP has arranged for a shredding truck to be here at the Program Preview to securely destroy your confidential papers.

### JULY/AUGUST PROGRAMS

**Independence Day Celebration:** Thursday, July 2, Picnic. Lots of fun, fellowship, and food, but you need to let us know you're coming! Cost is \$1 for a BBQ lunch. If you haven't made a reservation, please call immediately to see if there is space available. Come and meet Ms. Senior Tennessee 2015! Reservations are required.

**AAA Driver Safety Program:** Thursday, August 13. Please call Kate Fleming at 862-9254 for information and to register for the one day refresher course.

**AARP Driver Safety Program:** The Smart Driver Course will be offered Wednesday & Thursday, July 22 & 23. Please call Carolyn Rambo at 584-9964 for info and to register for this two day refresher course.

**Arthritis Foundation Exercise:** Advanced, with good physical exertion, \$2/class; Basic, seated exercise with limited physical exertion. Tuesdays & Thursdays, \$1/class.

**Ask-a-Pharmacist:** Thursday, July 9. Walgreens Pharmacist, Jay Wyrick, will answer medication questions.

**Bead Weaving:** Thursdays, July 9 & 23 and August 6 & 20. This 3-hour class is taught by Sharon Wilcox. Class size is limited and cost is \$25 - \$30, depending on materials selected. Pre-register & pre-pay today!

**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:** Monday through Friday, 10:30 a.m.–11:30 a.m. Tuesday checks by Quality

Home Health Care and Thursday checks by Priority Ambulance.

**Camera Club:** Class will not meet until Wednesday, September 23. Bring your photos for *Show and Tell*.

**Cards and Brain Games:** Thursdays. Come and join the game of the day! It's time to get ready for the competition!!

**Creative Writers Workshop:** Mondays, August 10 & 24. Join Barbara Stephens and be encouraged to put your thoughts on paper for future generations. The writers will not meet in July.

**Cribbage:** Tuesdays. Learn how to play, improve your game, or just enjoy the fellowship! Newcomers welcome.

**Earth Science:** Class resumes October 5 with Dr. Don Byerly & other professionals from the science field.

**Fabric Painting:** Monday, August 10. Yvonne Fields teaches the art of fabric painting in a relaxed setting!

**Fall Program Preview:** Wednesday, August 26. From 9:30 a.m. to 11:30 a.m. visit with group leaders and friends as you learn about fall activities at the Center. At Noon, enjoy an Ice Cream Social provided by our Happy Hikers.

**Flower Lovers Club:** Thursday, August 6. Summer flowers will be the topic of the day.

**French:** Tuesdays. Opportunity to enjoy learning another language in a setting where being fluent is not required!

**Gift Shop:** Open daily from 10 a.m. to 2 p.m. Hand-made/hand-crafted treasures, provided by Gift Shop members, are available for sale. There is room for new crafters to join the Gift Shop; call for details. \$10 yearly membership fee!

**Greenhouse:** Closed during the summer months with activity resuming in September.

**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 Center or the trailhead as noted.

July 9 Hazard Cave, Pickett State Park, a 4.5-mile hike. O'Connor, 6:30 am; trailhead, 9:00 am.

July 16 Big Creek, Cosby, a 5- or 10-mile hike. O'Connor, 7:30 am; trailhead, 9:00 am.

July 23 Lewis Hollow Trail, Cumberland Gap, an 8-mile hike. O'Connor, 8 a.m.; trailhead, 10 a.m.

July 30 Indian Flat Falls, Middle Prong, a 7.6-mile hike. O'Connor, 8 a.m.; trailhead, 10 a.m.

Aug. 13 Big Ridge State Park, an 8-mile hike; O'Connor, 9 a.m., trailhead at 10 a.m.

Aug. 20 Picnic at Twin Creeks, O'Connor at 8:45 a.m.; trailhead, 10 a.m.

Aug. 26 Ice Cream Social, O'Connor, 12 noon.

Aug. 27 Rock Creek to Alley Ford, Obed National Park, a 5-mile hike. O'Connor at 8:15 am; trailhead, 10 a.m.

**Happy Hikers/Thursday Walkers:** Opportunity for those who prefer 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:** Tuesdays, July 7 & August 11. Light refreshments at 7:30 a.m. with departure promptly at 8 a.m. Cost is \$30/person. Call Frankie Hicks at 525-1475.

**Hatfield & McCoy Dinner Show:** Tuesday, August 11. Enjoy the day at a special Senior Day Show with a hearty meal & family-feudin' entertainment. Cost: \$26 per ticket. Transportation cost to be determined. Please pay when you register.

**Health and Humor:** Wednesdays. Join Nurse Claudia for an informative and humorous health-related discussion!

**Ice Cream Social:** Wednesday, August 26. At 12 noon, enjoy ice cream with all the trimmings provided by the Happy Hikers; this event immediately follows the 9:30 a.m.–11:30 a.m. Fall Program Preview.

**Italian Language Class - Beginner:** Fridays, beginning September 4. Join Tom Whisman as he teaches the romantic Italian language & culture for beginners.

**Knitting & Crocheting:** No classes in July & August. Thursday classes will resume on September 3. Open to all, regardless of level; free instruction available by Linda Costner.

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

**Loss & Life Changes Support Group:** Mondays. Pat Green with St. Mary's Hospice listens to concerns and offers encouragement to folks dealing with the many changes that occur in life.

**Low Vision Group:** Thursday, July 2, group will attend the 4th of July Picnic. Monday, July 6, the group will attend the Mighty Musical Monday at the Tennessee Theatre. Cost is \$5, if you'd like a bagged lunch. Wednesday, August 26, the group will attend the Fall Program Preview & Ice Cream Social. Call the Center for details and to make a reservation.

## JULY 2015 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
<b>BLOOD PRESSURE CHECKS DAILY</b> 10:30—11:30		1 1:30 <b>Bingo—Every Wed.</b> 	2 9:00 <b>Thursday Walkers</b> 11:00 <b>4th of July Picnic</b> 11:20 <b>Chair Yoga Begins</b>	3  <b>CENTER CLOSED</b> <b>4TH OF JULY HOLIDAY</b>
6 9:00 <b>Legal Assistance</b> 12:00 <b>Singing Seniors</b> Performing at the TN Theatre	7 8:00 <b>Harrah's Trip</b> 10:00 <b>iPad/iPhone Beginner Class</b> 10:00 <b>Yoga Class Begins</b> 1:30 <b>Tea Dance</b>	8 10:00 <b>iPad/iPhone Beginner Class</b>	9 7:30 <b>Happy Hikers</b> 9:00 <b>Thursday Walkers</b> 9:30 <b>Ask-a-Pharmacist</b> 10:00 <b>Facebook</b> 1:00 <b>Bead Weaving</b>	10 10:00 <b>Sweet Spot for Diabetics</b> 11 7:00 pm <b>Patriotic Dance w/ Al Curtis Band</b>
13 9:00 <b>Private Computer Lessons</b> 10:00 <b>Veterans Q &amp; A</b> 12:00 <b>Lunch &amp; Learn</b>	14 9:00 <b>Toenail Clipping</b> 9:00 <b>UT Mammogram Van</b> 10:00 <b>iPad/iPhone Advanced Class</b> 1:30 <b>Savvy Caregiver</b>	15 10:00 <b>iPad/iPhone Advanced Class</b>	16 7:30 <b>Happy Hikers</b> 9:00 <b>Thursday Walkers</b> 2:00 <b>With Hope in Mind</b>	17 7:00 pm <b>DJ DANCE</b> 
20 9:00 <b>Legal Assistance</b> 9:30 <b>Basic Computer Class</b>	21 1:30 <b>Savvy Caregiver</b> 	22 9:00 <b>Advisory Board</b> 12:00 <b>AARP Driver Safety</b> 	23 8:00 <b>Happy Hikers</b> 9:00 <b>Toenail Clipping</b> 9:00 <b>Thursday Walkers</b> 12:00 <b>AARP Driver Safety</b> 1:00 <b>Bead Weaving</b> 3:30 <b>Basic Computer</b>	24
27 9:00 <b>Private Computer Lessons</b> 12:00 <b>Lunch &amp; Learn</b> 	28 1:30 <b>Savvy Caregiver</b>	29 9:30 <b>Band— Every Wed.</b> 	30 8:00 <b>Happy Hikers</b> 9:00 <b>Thursday Walkers</b> 	31 11:00 <b>Beg. Spanish — Every Fri.</b> 12:00 <b>Adv. Spanish — Every Fri.</b>

## RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45 <b>Advanced Senior Cardio</b> 10:00 <b>Party Bridge</b> 10:00 <b>Water Aerobics</b> 10:30 <b>Loss &amp; Life Changes Support Group</b> 1:30 <b>Intermediate Line Dance</b>	9:00 <b>Beg. Bridge</b> 9:00 <b>Quilting</b> 9:00 <b>Tai Chi</b> 10:00 <b>Basic Arthritis Foundation Exercise</b> 10:00 <b>French</b> 10:00 <b>Party Bridge</b> 10:00 <b>Tai Chi Set Practice</b> 10:00 <b>Water Aerobics</b> 11:00 <b>Advanced Arthritis Foundation Exercise</b> 1:00 <b>Cribbage</b> 1:30 <b>Afternoon Dancing</b>	8:30 <b>Adv Open Painting</b> 8:45 <b>Advanced Senior Cardio</b> 9:30 <b>Band Practice</b> 10:00 <b>Advanced Painting</b> 10:00 <b>Party Bridge</b> 10:00 <b>Water Aerobics</b> 12:30 <b>Beginner Painting</b> 12:30 <b>Belly Dance</b> 12:30 <b>Health &amp; Humor</b> 12:30 <b>Texas Hold 'Em</b> 1:30 <b>Bingo</b> 2:00 <b>Beginning Line Dance</b>	8:30 <b>Blood Glucose Checks</b> 8:30 <b>Piano Lessons</b> 9:00 <b>Knitting &amp; Crocheting</b> 9:00 <b>Tai Chi</b> 10:00 <b>Basic Arthritis Foundation Exercise</b> 10:00 <b>Cards &amp; Brain Games</b> 10:00 <b>Tai Chi Set Practice</b> 10:00 <b>Thursday Walkers</b> 10:00 <b>Water Aerobics</b> 11:00 <b>Advanced Arthritis Foundation Exercise</b>	8:45 <b>Advanced Senior Cardio</b> 9:00 <b>Woodcarving</b> 10:00 <b>Water Aerobics</b> 11:00 <b>Beginning Spanish</b> 11:00 <b>Silver Stage Players</b> 12:00 <b>Intermediate Spanish</b> 1:00 <b>Jam</b>  <b>Billiards Room Open</b> Monday—Friday 8:30 am-4:30 pm

## AUGUST 2015 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
<b>BLOOD PRESSURE CHECKS DAILY</b> 10:30—11:30		<b>REMEMBER, AUGUST 26: BRING ITEMS TO BE SHREDED!</b>		<b>1</b> 11:00 Standard Knitting Mill Reunion
<b>3</b> 9:00 Legal Assistance 10:00 Galaxy Tablet Class 	<b>4</b> 10:00 Galaxy Tablet Class 1:30 Tea Dance 1:30 Savvy Caregiver 	<b>5</b> 9:30 Band—Every Wed.  1:30 Bingo—Every Wed.	<b>6</b> 8:30 Piano Lessons Begin 9:00 Thursday Walkers 1:00 Bead Weaving 2:00 Flower Lovers 	<b>7</b>  <b>8</b>  7:00 pm Luau Dance Mood Swing Band
<b>10</b> 9:00 Private Computer Lessons 9:30 Creative Writers 10:00 Veterans Q & A 12:00 Lunch & Learn 1:30 Fabric Painting	<b>11</b> 8:00 Harrah's Trip 10:00 iPad/iPhone Beginner Class 1:30 Savvy Caregiver	<b>12</b> 10:00 iPad/iPhone Beginner Class 	<b>13</b> 9:00 Happy Hikers 9:00 Thursday Walkers 8:00 AAA Driver Class 10:00 Pinterest/Twitter/Instagram Basics	<b>14</b> 10:00 Sweet Spot for Diabetics
<b>17</b> 9:00 Legal Assistance 10:00 Facebook Class	<b>18</b> 10:00 iPad/iPhone Advanced Class 1:30 Savvy Caregiver	<b>19</b> 9:00 Advisory Board 10:00 iPad/iPhone Advanced Class	<b>20</b> 8:45 Happy Hikers & Thursday Walkers 1:00 Bead Weaving 2:00 With Hope in Mind	<b>21</b> 7:00 pm DJ Dance 
<b>24</b> 9:00 Private Computer Lessons 9:00 Toenail Clipping 10:00 Galaxy Tablet Class	<b>25</b> 10:00 Galaxy Tablet Class 1:00 Cribbage—Every Tues. 	<b>26</b> Fall Program Preview & Ice Cream Social 9:30 to 12:30 	<b>27</b> 8:15 Happy Hikers 9:00 Thursday Walkers 	<b>28</b> 11:00 Beg. Spanish, every Fri. 12:00 Adv. Spanish, every Fri.
<b>31</b> 9:00 Legal Assistance 12:00 Lunch & Learn				

## 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 1:30 Intermediate Line Dance	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 11:00 Adv. Arthritis Foundation Exercise 1:00 Cribbage 1:30 Afternoon Dancing	8:30 Open Painting 8:45 Adv. Senior Cardio 9:30 Band Practice 10:00 Party Bridge 10:00 Water Aerobics 12:30 Belly Dance 12:30 Health & Humor 12:30 Texas Hold 'Em 1:30 Bingo 2:00 Beginning Line Dance	8:30 Blood Glucose Checks 8:30 Piano Lessons 9:00 Knitting & Crocheting 9:00 Tai Chi 10:00 Basic Arthritis Foundation Exercise 10:00 Cards & Brain Games 10:00 Tai Chi Set Practice 10:00 Thursday Walkers 10:00 Water Aerobics 11:00 Adv. Arthritis Foundation Exercise	8:45 Adv. Senior Cardio 9:00 Woodcarving 10:00 Water Aerobics 11:00 Beginning Spanish 11:00 Silver Stage Players 12:00 Intermediate Spanish 1:00 Jam  <b>Billiards Room Open</b> Monday—Friday 8:30 am-4:30 pm



**O'CONNOR**, CONTINUED FROM P. 5

**Lunch & Learn:** Mondays with lunch provided for those who make a reservation by Thursday of the previous week.

July 13, **Canine Security at UTMC** – Learn how dogs are keeping everyone safe at UT Medical Center.

July 27, **Aromatherapy** – Essential oils can revolutionize the way you manage your health.

August 10, **Proton Therapy & Prostate Cancer** – Proton therapy targets tumors and minimizes damage to healthy tissue. Complimentary PSAs will be offered immediately following the program.

August 31, **Reflexology** – Beth Sack, from the Tennessee School of Therapeutic Massage & Reflexology, will discuss this alternative medicine involving application of pressure to the feet and hands with specific thumb, finger, and hand techniques without the use of oil or lotion.

**O'Connor Center Band:** Wednesdays. Linda Edwards, the Amazing Band Director, provides encouragement and direction to newcomers and pros alike! No experience is necessary and newcomers are welcome! Some instruments are available, and donations of gently used instruments would be greatly appreciated.

**Painting:** Only Open Painting on Wednesday Mornings until September. Basic and Advanced classes will resume on September 2. Please pre-register and pre-pay. Class size is limited, so first come, first served.

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

**Piano Lessons:** There will be no piano lessons in July. Beginning on Thursday, August 6, students will begin a 10-week session. The cost will include a materials fee for the music and a \$5 weekly donation. Please register before July 16; space is limited.

**Quilting:** Tuesdays. Opportunity to learn to quilt. If you have tops that need to be quilted, please call for information.

**Savvy Caregiver Training:** Tuesdays, July 14–August 18. This free program is designed to train caregivers how to cope with the challenges of caring for a loved one with memory loss or dementia while regaining control of their own lives. Choices Senior Care staff will facilitate these sessions and provide care for your loved one during class time. Space is limited, call to register.

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

**Shredder Available at Fall Program Preview/Ice Cream Social Event:** Wednesday, August 26. AARP

will provide a shredder for participants to dispose of their paper materials safely.

**Singing Seniors:** Weekly rehearsals will resume in September. If you are interested in joining the group, please call Joe Atkins before August 8 at 688-1960, for further information.

**Singing Seniors Concert at the Tennessee Theatre:** Plan to support our O'Connor Singing Seniors, who will be performing at the Tennessee Theatre's Mighty Musical Monday, on July 6, at 12 noon.

**Spanish – Beginner:** Fridays. Instructor Bonito Lopez Abarca will lead this basic class for true beginners.

**Spanish – Intermediate:** Fridays. Class for those with some language skills; excellent opportunity to practice speaking.

**Sweet Spot for Diabetics:** Fridays, July 10 and August 14. A pharmacist from Mac's Pharmacy will lead a discussion concerning Debunking the Myths of Diabetes.

**Taoist Tai Chi Classes and Practice:** Tuesdays and Thursdays. Everyone is welcome to participate, regardless of level of involvement. Recent studies show that Tai Chi helps to improve balance and coordination while improving both mental and physical health.

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

**Toenail Clipping by Appointment Only:** Thursday, July 23, Monday August 24, with cosmetologist Kelli Jobe. Cost is \$12; please call 523-1135 to schedule an appointment.

**UT Mammogram Van:** Tuesday, July 14. Call 865-305-9753 to schedule your appointment.

**Veterans Services:** Mondays, July 13 and August 10. A VA representative will be here to answer questions concerning benefits and other matters of concern to veterans and family members.

**Water Aerobics:** Monday-Friday, 10 a.m. 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 Association of Mental Illness (NAMI):** Thursdays, July 16 and August 20. This group offers support to families and friends of people dealing with various mental illnesses. For more information please contact Gerald Segroves at 523-7284.

**Woodcarving:** Fridays. Open to all, regardless of experience. Personal instruction is available, if needed.

**Yoga:** Tuesdays & Thursdays, 10 a.m. Classes held at the YMCA. Please come to the O'Connor Center to complete paperwork and to sign-in prior to

beginning class. Cost is \$3/class.

**Yoga (Chair):** Tuesdays, 11:30 a.m. Classes held at the YMCA. Please come to the O'Connor Center to complete paperwork and to sign-in prior to beginning class. Cost is \$3/class.

#### **Dance Classes – Cost is \$2/Class.**

**Beginners Line Dance:** Wednesdays. For the true beginner.

**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.**

**Afternoon Dancing:** Tuesdays. Opportunity to dance and visit with friends.

**Tea Dance:** First Tuesdays, July 7 and August 4. Good music, fellowship, and refreshments.

**3rd Friday Night Dances:** July 17 and August 21. An "ALL TYPE" dance with a special DJ from Pro-Audio Mobile DJs with great music, and refreshments!

**2nd Saturday Night Ballroom Dances:**  
**July 11:** Patriotic Dance with Al Curtis Band;  
**August 8:** Luau Dance with the Mood Swing Band. Refreshments provided by Senior Financial Group.

#### **TECH-SAVVY SENIOR COMPUTER CLASSES**

Computers, as well as some tablets and other equipment are available for your use. Please indicate need when registering. For ALL classes: Preregister and prepay.

**iPad/iPhone Beginner Class:** Tuesday – Wednesday, 10 a.m. to noon, July 7 & 8; August 11 & 12; September 1 & 2. Learn everything from turning on to turning off these Mac tools. Cost: \$25.

**Facebook:** Thursday, 10 a.m. to noon, July 9; August 17. Learn to set up and use Facebook on your tablet or phone. Cost: \$15.

**Private Computer Lessons with Julia White:** Mondays, July 13 & July 27; August 10 & 24. One-on-one private instruction for Microsoft Office programs (Word, Excel, Publisher, PowerPoint, email). Cost: \$15/hour.

**iPad/iPhone Advanced Class:** Tuesday–Wednesday, 10:00 a.m. –11:30 a.m., July 14 & 15; August 18 & 19. Class covers photo transfers, apps, iTunes, and more. Cost: \$15.

**Pinterest/Twitter/Instagram Basics:** Thursday, August 13, 10 a.m. to noon. Learn how to use these popular social media. Cost: \$15.

**Samsung Galaxy Beginner Class:** Monday – Tuesday, August 3 & 4 and August 24 & 25, 10 a.m. to noon. Covers basic functions. Cost: \$25 for 2-day class.



## OOA PROGRAM CONTRIBUTORS

### Grandparents as Parents Program

Knoxville Bar Foundation

### Knox PAWS (Placing Animals with Seniors)

Anonymous  
George W. Barber, Jr.  
John & Jodonna Berquist  
Covenant Health Senior Services  
Ann Delap  
Diamond Hill Plywood  
East Tennessee Pharmacy Services  
Lisa Hayner  
Hillcrest Healthcare Communities  
Paul & Glenda Houston  
It's A R-R-Ruff Life  
Kelly Lane  
Misty's Pet Depot  
Mobile Images  
Tammy Otter

Riggs Drug Store  
Kevin Venter  
Willing Hands Quilt Club

*In Memory of Lilly Lofaro*  
Dan & Nancy Hugh  
*In Memory of Charlotte Kelley*  
Bruce Kelley  
*In Memory of Ming*  
Bettina LaBoda  
*In Memory of Jenni Any Dot*  
Jeanne West-Freeman

### Mobile Meals

Glen Anderson  
Anonymous (15)  
Arlington Church of Christ  
Sharon Billings  
Richard & Sharalyn Blattner  
Alan & Dianna Brizzolara  
Chick-fil-A at Kingston  
Overlook  
Chick-fil-A at Turkey Creek  
Colonial Heights UMC, J. Ray  
Stuart SS class

Gary Cooper  
Diana Cruze  
Jerry & Cindy Eisele  
Archie & Susanna Eksteen  
First Christian Church,  
Disciples class  
Lois Frady  
Julius Gregg  
Mildred Gregg  
Glen & Teena Harness  
Hillcrest UMC, Top 40 Club  
Glenda Hurst  
Earl & Allie Hutcheson  
Insomnia Cookies  
Gretchen Jones  
Martha Keith  
Pam Lovell  
Debbie Lowe  
Management Society at the  
University of Tennessee  
John McCarthy  
David McCormick  
Barbara Monnerjahn  
Oakwood Baptist Church,  
Homemaker's SS class

Gerry & Carol O'Farrell  
Melissa Paul  
Norma Peterson  
Carl & Mary Porter  
John & Beth Smith  
Smithwood Baptist Church,  
Joy Class  
Laura Van Eps  
Rebecca Walden  
David & Carolyn Wells

### In Memory of In Honor

*In Memory of Leila Brown*  
Norma Velasco  
*In Memory of Fred Chaffey*  
Richard & Nancy Dettmering  
*In Memory of John Durant*  
Jean Brichetto  
*In Memory of Pauline Frost*  
Catherine Cooper  
*In Memory of Mildred Gregg*  
Charles & Nita Sue Baum  
Becky Clifton  
Elby & Annie Loyd  
Lennis Jane McCartha

Mary McCoy  
*In Memory of Mary Ellen Keith*  
Anonpous  
*In Memory of Barbara Monty*  
Akiko Takayama  
*In Memory of Colleen Pryson*  
Debbie Dynak  
*In Memory of Ray M. Rutherford*  
Barbara Rutherford  
*In Memory of Margeret Scott*  
Anonymous  
*In Memory of Wilma Shadowens*  
Anonymous  
*In Memory of Joseph L. Thompson, Jr.*  
Barbara Carter  
Diane & Arlene Osborne  
Roy & Kay Van Beveren

### O'Connor Center contributions

AARP Chapter 85  
Grant Bishop  
Exceptional Gifts  
Happy Hikers  
Edwina Harvey

Jim and Frankie Hicks  
O'Connor Dance Club

### In Honor or In Memory

*In honor of the Amazing O'Connor Band*  
Linda McNamara  
Terry and Pat Rozelle  
*In memory of Virginia Edwards*  
Judy M. Solomon

### Office on Aging

Horace P. Grissom, Jr.  
*In Memory of Barbara Monty*  
Ken Monty

### Project LIVE

Home Instead Senior Care  
Julie Vasgaard

*In memory of mother*  
Marc Baker

## ADOPT-A-SENIOR SPONSORS MAY & APRIL 2015 DONATIONS

Barbara Abner  
Anonymous (12)  
Beaver Creek Cumberland  
Presbyterian Church, Searchers  
SS class  
Mikeal Berry  
David & Ruth Bradford  
Joyce Brown  
Nancy Burnette  
Gaile Caudle  
Jefferson Chapman  
Church of the Savior, United Church  
of Christ  
Constance Cole  
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Wayne & Kaye Heatherly  
Jimmy & Patti Henard  
Ruben Hernandez  
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University of Tennessee  
Meridian Baptist Church, WMU  
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SS class  
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Charlotte Morrison  
Mt. Olive Baptist Church,  
Faith SS class  
Marie Norman

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Terry & Jodi Savage  
Jack & Loutrella Simpson  
Janice Smalley  
Michael T. Taylor  
Virtue Cumberland Presbyterian  
Church, Day Circle  
Virtue Cumberland Presbyterian  
Church, Night Circle  
Steve & Deborah Zimo

### In Memory of In Honor

*In Honor of Edna Allison*  
Kenny & Rebekah Allison  
*In Memory of Richard Beeler*  
Thomas & Charlotte Schumpert

*In Honor of Harold Branson*  
Kathy Fox  
*In Memory of Wilma Campbell,*  
*Marjorie Herzel and Lillian Smith*  
Lola Dodge  
*In Memory of Donna Chernisky*  
Dan & Nancy Hugh  
*In Memory of grandparents*  
Tammy Newman  
*In Memory of Mildred Gregg*  
Marie Norman  
*In Memory of Jeannie Hall*  
James Browne  
*In Memory of Dr. John Karnes*  
Edithann Wadewitz  
*In Memory of Dr. Mariano Lo King*  
Mickey & Lori Johnson

Tennessee Orthopaedic Clinics  
*In Memory of Dr. Otto C. Kopp*  
Gary & Patti West  
*In Memory of Kenneth Mills*  
Vivian Mills  
*In Memory of Berniece Peardon*  
Jan Pedigo  
*In Memory of Kathleen Petrone*  
Margaret Petrone  
*In Memory of Dr. J. Hooper Stiles and*  
*In Honor of Kreis Beall*  
Mary Anne Beall  
*In Honor of Alison Taylor's Birthday*  
Anonymous  
Desi Dreffin  
Emma Jackson  
*In Memory of Bob Thomas*

Marie Thomas  
*In Memory of Joseph L. Thompson, Jr.*  
Amy Hones  
Sidney Thompson

### One Senior for one year

Anonymous (2)  
Meals on Wheels America  
Pilot Corporation Employees  
Theresa Wright

### One Senior in Memory or Honor

*In Memory of Grace Curington*  
Anonymous

### Five Seniors for one year

Three Rivers Market

## 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

Susan Long

### EDITOR

Kathy Burke

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# 2015 DUNCAN AWARDS WERE A HIT!

Congratulations to James D. Holley, Jr., and William C. Schall, recipients of the 2015 Duncan Awards for Senior Advocacy. It was a glorious day, and Hunter Valley Farm was a beautiful venue.

This award, named in honor of the late Rep. John Duncan, Sr., is given annually to outstanding community members who go above and beyond in their personal and professional lives to advocate for the seniors of Knox County. Schall, recipient of the community award, is an excellent example of a community advocate. He started out in the private sector as a Wall Street securities analyst who later became a veterans' advocate. Later, he became interested in a supporting role to assist and advocate for seniors through AARP and the Council on Aging. Holley, recipient of the professional award, is an assistant district attorney general with the District Attorney General's office. He has been a leading advocate for changes in elder abuse laws in Tennessee and has been state chair of the Tennessee Vulnerable Adult Coalition to combat abuse and neglect in our community.

The Duncan Award event is a fundraiser for the Senior Citizens Information & Referral Service (SCIRS), a program dedicated to providing high-quality, in-depth information & referral services to Knox County seniors, caregivers and professionals.

The board and staff also wish to thank the generous individuals and organizations who made personal and in-kind donations in support of the program. You or your family can always get answers to your questions by calling Senior Citizens Information & Referral Service at 546-6262. You can also donate to the program at any time online at [www.knoxseniors.org](http://www.knoxseniors.org) or by sending your check to SCIRS at P.O. Box 51650, Knoxville TN 37950-1650.



THE CHEFS FROM MORNING  
POINTE ASSISTED LIVING



BOTTOM LEFT: THE 2015 DUNCAN SENIOR  
ADVOCACY AWARD RECIPIENTS, JAMES "DEL"  
HOLLEY, JR., AND BILL SCHALL, POSED WITH  
BECKY DUNCAN MASSEY NEXT TO A PORTRAIT  
OF HER LATE FATHER, REPRESENTATIVE JOHN  
J. DUNCAN, SR.



Thank you to this year's Duncan event sponsors for their generous support:

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Covenant Health Senior Services  
Elmcroft of Halls  
Long, Ragsdale & Waters, LLC  
Manorhouse Assisted Living  
NHC Place, Farragut  
Windsor Gardens Assisted Living

### BRONZE LEVEL

Alzheimer's Tennessee, Inc.  
Charme Allen,  
District Atty. General's Office  
Christmas Lumber

### SILENT AUCTION

*Many thanks to the committee  
and the individuals and organizations  
that provided items.*



• • • • • **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 **Independence Day, Friday, July 3.** Mobile Meals participants will receive boxed lunches for this holiday.

**EXCEPTIONAL GIFTS** is a gift shop inside the O'Connor Senior Center. The shop sells jewelry; crochet items; hats; scarves; unique kitchen, bath and novelty items; one-of-a-kind gift cards and tags; photographic art; floral arrangements; handpainted glass; woodwork; and much more. **All items are handcrafted by local seniors.** You have to see these art and craft items to believe how beautiful they are, and the prices are fantastic! Exceptional Gifts is open to the public. Hours: 10 a.m.-2 p.m., Monday–Thursday, and 10 a.m.-12 p.m. on Friday.



**Summer's here! Stay cool and volunteer!**

**Don't let lazy summer days roll by; give a couple of hours a week to improve your community through volunteerism.**

**Plenty of ways to get out and about!**

- Tuesdays, July 14-August 18, from 1:30 p.m.-3:30 p.m., Choices in Senior Care will host the Savvy Caregiver program at the O'Connor Center, featured on page 12. Volunteers are needed to aid the Cognitive Stimulation session group each week.
- Handy with tools? Looking for outdoor projects on those beautiful summer days? Project LIVE is always looking for help with home improvement projects. Help keep low-income seniors in their homes by painting a house, fixing a leaky faucet, repairing a porch, or any number of home repairs or minor modifications; one day's work can make a world a difference. Projects are frequent and varied. Weekend, weekday, and evening jobs available.
- Getting food for seniors is now a SNAP! (See page 2 for more info.) Spend an afternoon at a community center or local event educating and signing up seniors for the Supplemental Nutrition Assistance Program. Many seniors qualify for food benefits that could help

take some stress off their limited budgets. Help them access those resources!

*"No one is more cherished in this world than someone who lightens the burden of another." ~ Author Unknown*

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

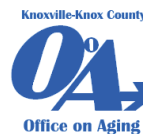
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## ELDER NEWS & VIEWS

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

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JULY/AUGUST 2015

## ELDER NEWS & VIEWS

PAGE 12

# HELP FOR CAREGIVERS OF PERSONS WITH DEMENTIA

## PROGRAM INCLUDES ONSITE CARE FOR LOVED ONE



**Choices**  
in Senior Care LLC

**Attention Caregivers!**  
**THE SAVVY CAREGIVER**  
Free training sessions

The Savvy Caregiver is an evidence-based program designed to train caregivers in the knowledge, skills, and attitudes needed to cope with the challenges of caring for a person with cognitive changes, whether caused by Alzheimer's or other types of dementia. This training has been shown in multiple studies to reduce caregiver stress and improve the care provided.

This **free** program is facilitated by Choices in Senior Care's staff of care managers on Tuesdays, July 14- August 18, from 1:30 p.m. to 3:30 p.m., at the O'Connor Center, 611 Winona Street, Knoxville.

You can bring your loved one who has dementia with you to these sessions. While you're in class, care managers provide therapeutic care for them as well.

Space is limited. Call the O'Connor Center at (865) 523-1135 to reserve your place in this valuable program.