

8TH ANNUAL PAWS AMONG THE BLOOMS

When: Friday, May 4, 2018

5:30 - 7:30 pm

Where: Stanley's Greenhouse

3029 Davenport Rd.
in South Knoxville

Cost: \$25 at the door or online
at knoxseniors.org



Enjoy a relaxing and casual afternoon filled with flowers, plants, silent auction, hors d'oeuvres, dogs, and live music by The Firehouse Band. PAWS Among the Blooms is the annual fundraiser for Knox PAWS (Placing Animals With Seniors.) For the 8th consecutive year, Stanley's Greenhouse will host the event at its South Knoxville location. Grab your four-footed friends and join us as we celebrate and support this valuable program that matches lonely seniors with adoptable shelter pets for love and companionship.

KNOX
PAWS
Placing Animals With Seniors



Purchase tickets at knoxseniors.org or at the door.

Research indicates that pets improve seniors' physical, emotional, and mental health. The Knox PAWS 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. ■

Can't make it to PAWS Among the Blooms?

Support Knox PAWS during the month of May by "rounding up" at the register when you shop at Three Rivers Market. The Nourishing Change program allows customers to donate to selected non-profit groups throughout the month. Three Rivers Market is located at 1100 N. Central St. and is open daily from 8 am - 9 pm.

SENIOR JOB FAIR — AT THE — L.T. ROSS BUILDING

The Senior Employment Service is hosting a Senior Job Fair at the L.T. Ross Building for those 55+ who are looking to join the workforce. Employers who want to hire mature, seasoned workers will



When: Wednesday, May 16, 2018
9 a.m. - 11:30 p.m.

Where: CAC L.T. Ross Building
2247 Western Avenue

be on hand to discuss full-time and part-time job opportunities. The Career Coach will be at the Job Fair to answer questions, provide assistance with online job searches, resume writing, and more.

The Committee on Economic Development indicates that employers rate older workers high on characteristics such as judgment, commitment to quality, attendance, and punctuality.

Be sure to bring copies of your resume and be prepared to meet prospective employers, complete job applications, mingle with other attendees, and enjoy refreshments at the Senior Job Fair. If you need assistance with crafting or updating your resume, online job searches, or other employment-related services, the Career Coach will be available to help you.

Can't make it to the Job Fair? The Senior Employment Service will host another one in October 2018. Watch for more information in the August/September issue of Elder News & Views.

For more information, call Brenda Tate at (865) 524-2786. ■

You are invited to the John J. Duncan Sr. Award for Senior Advocacy Reception honoring Susie Stiles, LCSW, for the Professional Award and Joan Regester for the Community Award.

**Thursday, May 10, 2018
4 pm – 6 pm at The Pavilion
at Hunter Valley Farm**

**9133 Hunter Valley Ln,
Knoxville, TN 37922**

Donations will be accepted at the door. Proceeds benefit Senior Information & Referral. For information, call 546-6262.

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. Now in its 17th year, this signature event serves as the major fundraiser for Senior Information & Referral (SIR). The public is invited.

This year, our Community Award honoree is Joan Regester. Our Professional Award honoree is Susie Stiles, LCSW.

Come prepared to bid on exciting Silent Auction items, participate in a wine pull, and sample excellent food and beverages, while celebrating the hard work of our area's senior advocates. SIR provides free information about services for older persons who live in Knoxville or Knox County. The agency also provides referrals to these services when needed. ■



Susie Stiles



Joan Regester



DUNCAN AWARD SPONSORS

RED RIBBON SPONSORS

Medicare Insurance
Advisors
Hunter Valley Farm
Arbor Terrace

FOOD SPONSORS

Morning Pointe of Powell
The Lantern at Morning
Pointe Clinton

GOLD LEVEL

Long, Ragsdale & Waters

SILVER LEVEL

Quality Private Duty Care
Cindy Cleveland

BRONZE LEVEL

Becky Dodson

WINE PULL SPONSORS

East Tennessee
Personal Care Service

FLOWERS FOR CENTENARIANS

Thank you to Food City for once again supporting the Knox County Centenarian Project. Food City generously donates the beautiful flowers delivered to each Centenarian. If you know someone who is 100-plus years of age and lives in Knox County, it may not be too late to add them to our delivery list. Each individual will receive a personal flower delivery in May - Older American Months.

Call Senior Information & Referral (SIR) at 546-6262. All information will be kept confidential and will respect the privacy of the older adult. ■

IRA SLIGER LEAVES A LEGACY



Before he passed away in February, Lt. Col. Ira Sliger was a volunteer with Mobile Meals, as well as many other local charitable organizations.

Mobile Meals must have meant a lot to Mr. Sliger, because before his death, he chose to leave a generous bequest to the program; enough funding to feed 52 frail and homebound seniors for an entire year. His thoughtful gift assures that his legacy will live on through volunteer hearts and hands. We are grateful to him for his generosity and honor his volunteer spirit.

If you would like to include Mobile Meals or another Office on Aging program in your will and estate planning, contact Susan Long at (865) 524-2786 or email susan.long@knoxseniors.org for more information on leaving a legacy. ■

ADVERTISE in the SENIOR SERVICE DIRECTORY

The CAC Office on Aging is now accepting ads for the 2019-2021 Senior Service Directory. This year, we are offering color ads as well as black and white. Ads in the directory are good for two years and help us keep the directory free of charge to Knox County seniors and their families. The Directory is available online at knoxseniors.org.

If you or your business would like to advertise to older adults, call Angela at (865) 524-2786 for special pricing.



MOBILE MEALS KITCHEN RECEIVES EAT REAL CERTIFICATION



Mobile Meals is the first Meals on Wheels program in the nation to receive Eat REAL certification. REAL Certified is a holistic nutrition and sustainability certification program for the foodservice industry developed by Eat REAL® and modeled after the LEED green building certification program. The REAL certification process requires a voluntary audit whereby an Eat REAL® approved registered dietitian reviews menus, ingredients, preparation methods and sourcing to award points based on a wide range of criteria such as: the use of nutrient-dense vegetables, fruits and whole grains; scratch cooking and minimally processed foods; healthier cooking methods and moderate portion size; unsweetened beverages; and more sustainable sourcing methods, including local and organic. Adequate nutrition is necessary for health, functionality and the ability to remain independent. Healthy eating can increase mental acuity, resistance to illness and disease, energy levels, immune system strength, recuperation speed and the ability to manage chronic health problems. Mobile Meals ensures that seniors have access to adequate nutrition even when family support, mobility and resources are lacking. ■

THE RELATIONSHIP WITH YOUR PET: A VIEW FROM VETERINARY SOCIAL WORK

Many are aware that as we grow older, our pets become increasingly important. These pets raise our spirits, give us reason to exercise and provide companionship. But when we encounter difficult situations with our beloved animals, where do we turn?



MAY MEETING

Date: Thursday, May 17, 2018

Time: 2:30 p.m.

Place: O'Connor Center
611 Winona St.

Sarina Manifold is a Clinical Assistant Professor with Veterinary Social Work (VSW) at the University of Tennessee (UT) College of Veterinary Medicine and has been with Veterinary Social Work since 2008. She is a Licensed Clinical Social Worker (LCSW) and certified Grief

Recovery Specialist®. Sarina provides crisis intervention, end-of-life and treatment decision-making, resources, and grief counseling to clients of the Small and Large Animal Hospitals as well as to

members of the community. She is also the coordinator of the communication training at the UT College of Veterinary Medicine. Sarina graduated from High Point University in High Point, NC with her Bachelor's Degree in Psychology, and received her Master's Degree in Social Work from the University of Tennessee, Knoxville.

As a Veterinary Social Worker, her main focus is on grief and bereavement support for individuals and families who have experienced the death of their companion animal. Other areas of interest and clinical work include compassion fatigue support and communication skills training for animal-related professionals, as well as advocating for animal owner's access to veterinary care. ■



THANK YOU FOR THE BEST PANCAKE FEST *EVER!*

Wonderful community support helped make this the best Pancake Fest to date, and appreciation is expressed to our Mayors, the community—including O'Connor Participants, the media, elected officials, and community leaders—for helping to make the day special! The money raised this year will help support the O'Connor Center's Adult Daycare, The Daily Living Center, as well as the ongoing programs at the O'Connor Center.

PANCAKE FEST SPONSORS

Alzheimer's Association, East Tennessee
 Access Living Tennessee, LLC
 Amramp of East Tennessee
 Associated Therapeutics, Inc.
 BeeHive Homes
 Blue Cross Blue Shield of Tennessee, Inc.
 Clear Captions
 Concordia Care
 Courtyards Senior Living
 David and Susan Long
 East Tennessee Area Agency on Aging and Disability
 East Tennessee Human Resource Agency
 East Tennessee Personal Care Service
 East Tennessee Public Television
 Edwina Harvey in memory of Robert Harvey
 Elder Law of East Tennessee
 Frankie Hicks
 Hollybrook Care
 Home Federal Bank
 Humana
 Kindred at Home
 Knox County Jaycees
 Legal Aid of East Tennessee
 Mac's Pharmacy
 Maple Court Senior Living
 Raintree Terrace Senior Living

Medicare Insurance Advisors
 Morning Pointe, Powell
 O'Connor Dance Club
 Physicians Mutual Insurance Co.
 Senior Citizens Home Assistance Service
 Senior Financial Group
 Senior Solutions Management Group - Knoxville High
 Seniors Helping Seniors
 Signature Healthcare
 Singing Seniors
 SNR Operations
 The Pointe at Lifespring
 United Cancer Support Foundation
 United Healthcare

PANCAKE FEST VOLUNTEERS & SUPPORTERS

Aubrey's Restaurant
 Barbara Kelly, Knoxville-Knox County CAC
 Carolyn & Eddie Acuff
 Chef Walter
 City Mayor Rogero and Elected Officials
 City of Knoxville Facilities Management Team
 Council on Aging
 County Mayor Burchett and Elected Officials
 Craft Fair Vendors & Participants
 Dunkin' Donuts

East Tennessee PBS Celebrities
 Food City, Powell & Clinton Highway
 Frankie Hicks & Take-out Team
 Friends from the Community
 Gina Delk & the Mobile Meals Kitchen
 Happy Hikers, Gary & Jeanette Kobalika
 Jill Green
 O'Connor Belly Dancers & Line Dancers
 O'Connor Center Staff & Participants
 O'Connor Geezer Dixieland Jazz Band
 O'Connor Old Time String Band
 O'Connor Softball Leaders
 O'Connor Volunteers
 RealNewsTalk Radio 92.3
 Ron Collins
 Sports Radio WNML
 Susan Long-Office On Aging
 Tai Chi Demo Team
 Three Rivers Market
 Tim Burress & Famous Dave's BBQ
 United Cancer Support Foundation - Rollin' Colon
 Volunteers
 Walgreens Team & Celebrity Chefs
 WATE Celebrities
 WBIR Celebrities
 WVLT Celebrities

NEW AT O'CONNOR CENTER: SAIL

Stay Active and Independent for Life (SAIL) is a strength, balance and fitness program for adults 50 and older. Performing exercises that improve strength, balance and fitness is the single most important activity adults can do to stay active and reduce their chances of falling. The entire curriculum of activities in the SAIL program can help improve strength and balance, if done regularly.



**Stay Active
& Independent
for Life**

We are pleased to offer SAIL at O'Connor Senior Center every Monday and Wednesday at 10 am. Come join in, grow stronger and prevent falls by participating in SAIL! ■

FEATURES OF THE SAIL PROGRAM:

- A strength and balance fitness class for senior adults
- Exercises designed by occupational and physical therapists
- Each class includes moderate aerobic exercise, strength, balance and stretching/flexibility exercises
- Exercises can be done seated or standing
- Led by a certified fitness instructor
- Fall prevention education is included during each class
- Resource booklet is provided to each participant
- Individual fitness assessments

O'CONNOR 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
Monday, May 30 for Memorial Day

Some special activities will take place during May and June so make plans to enjoy the Annual Market Group Sale with bargains you just can't pass up, and the Memorial Day Picnic in the Park with hot dogs and ice cream and entertainment by the Dixieland Jazz Band, or visit The Knox County Council of Garden Clubs' "Through the Garden Gate" flower show, or maybe try your hand at Softball, or even participate in the Cornhole Competition. . . but whatever you do, just make sure you take time this summer to do something fun that will help you add life to your years at the O'Connor Center!

MAY/JUNE PROGRAMS

AARP Driver Safety Program: The Smart Driver Course will be offered Monday & Tuesday, June 11 & 12. Please call Carolyn Rambo at 382-5822 for info and to register for this two-day refresher course and find out if you can save on your insurance policy!

Beginners Bridge: A 2-hour Thursday class for anyone wanting to learn this addictive game! Call for more information.

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: Enjoy this mental exercise that helps to keep the mind sharp while enhancing cognitive function. Group meets on Tuesdays at 11:00 am to review fun trivia and have a great time! Upcoming area competition will be held at the O'Connor Center.

Camera Club: Let us help guide your development both creatively and technically as we focus on the benefits of participating in the Camera Club.

Co-Ed Softball: Join us for exercise, fun, & fellowship! This group meets at the Caswell Ball Park every Tuesday & Thursday at 9:00 am - 11:00 am. Women must be 55+ and Men 60+. Games are slow pitch, non-competitive, and everyone plays each inning! Cost is \$10.00 for the season.

Council on Aging (COA) Meetings: Meetings which occur the 2nd Thursday of each month are open to all seniors in the Knox County area. May's meeting will be the 3rd Thursday.

Cornhole Competition: A fun and exciting game that is similar to Horseshoes that's great for socialization and exercise! We will have the boards set up starting at 1:00 pm on Thursdays, May 10 & 24 and June 14 & 28.

Creative Endeavors: Meeting Monday, June 4.

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, May 14 and June 11 & 25. 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.

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

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, May 1 & June 5; great fellowship! Cost is \$2.

3rd Friday Night Dances: May 18 & June 15. "ALL TYPE" dance with great music, light refreshments, fun, and a special DJ from Pro-Audio Mobile DJs. Cost is \$5.

Saturday Night Ballroom Dances with Refreshments: May 12, Spring Fling with the Mood Swing Band; June 9, 50's Dance with the Ed Niedens Band. Cost: \$6/Dance Club Members; \$8/Non Members.

Fabric Painting: Mondays, May 14 & June 11. Enjoy socializing with others during this self-directed activity. Some supplies and tools available and newcomers are always welcome.

Flower Lovers Garden Club: Meets 2nd Thursday each month, May 10 & June 14; open membership.

Special Garden Show: The *Knox County Council of Garden Clubs* presents their "Through the Garden Gate" flower show including designs of horticulture and botanical arts on **Thursday, May 31**. This event is open to the public for viewing beginning at 12:00 noon. Call today for information on how to join the Flower Lovers Garden Club.

French: Tuesdays. Enjoy expanding your French vocabulary! Oui? Class will not meet on June 12 & 19.

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

Genealogy: Join us Wednesdays, May 2, 16 & 30 and June 13 & 27, to find your roots.

Gift Shop: Wonderful and unique gifts are available Monday-Friday from 10 am - 2 pm. 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.

May 3 Optional Hike to Bob's Bald
8-mile strenuous hike

May 10 Little River Trail to Cucumber Gap
3 to 10-mile moderate to strenuous hike

May 17 Loyston Point Loop
5.4-mile moderate hike

May 24 Chestnut Top/Sinks/Schoolhouse Gap
7.2-mile moderate hike
Shuttle Provided

May 31 Elkmont to Tremont
10.5-mile strenuous hike
Shuttle Provided

June 7 Optional Hike to Mt. Crammerer
10.7-mile strenuous hike

June 14 Dog Slaughter Falls in Cumberland Falls, KY
9-mile moderate hike

June 21 Frozen Head State Park
9-mile hike

June 28 Gregory Bald
10-mile strenuous hike

Harrah's Trip: Next trip is Tuesday, May 1. Cost is \$35/person and each participant must have a valid email address. \$25.00 play voucher and players card for each guest! Please call Frankie Hicks at 865-525-1475.

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.**

Investment News: Monday, June 4. Join John Smartt, Jr., for *Your Investment Questions Answered*.

Italian: Tuesdays, 11:00 am. Expand your Italian vocabulary beyond gelato or ciao! Last class for the summer is May 29th. Class will resume September 4.

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

Legal Assistance: May 7 & 21 and June 4 & 18. 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.

MAY 2018 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
<p>Hot Dogs * Ice Cream MEMORIAL DAY CELEBRATION Tuesday, May 29, 4:00 pm By Reservation Only \$2.00 Dixieland Jazz Band</p>	<p>8:00 Harrah's Trip 1 9:30 Co-Ed Softball 9:45 Singing Seniors 11:00 Brain Games 12:00 Hearing Screening & Hearing Aids Checked 1:30 Tea Dance 5:00 Savvy Caregivers Class</p>	<p>9:00 Market Group Annual This & That Sale 2 1:00 Genealogy Class</p>	<p>9:30 Co-Ed Softball 3 10:00 Happy Hikers & Thursday Walkers</p>	<p>1:30 Old Time String Band 4 First Friday Refreshments Sponsored by East Tennessee Personal Care Service</p>
<p>9:00 Legal Assistance 7 <i>by appointment only</i> 12:00 Lunch & Learn</p>	<p>9:30 Co-Ed Softball 8 11:00 Brain Games 1:30 Afternoon Dancing 5:30 Savvy Caregivers Class</p>	<p>9:00 Toenail Clipping 8 10:00 Apple Basics 12:30 Android Basics</p>	<p>9:30 Co-Ed Softball 10 10:00 Apple Basics 10:00 Happy Hikers & Thursday Walkers 12:30 Android Basics 12:00 Diabetic Sweet Spot 1:00 Cornhole Competition</p>	<p>1:30 Old Time String Band 11</p> <hr/> <p>7:00 Saturday Night Spring Fling Dance Mood Swing Band 12</p>
<p>9:30 Ask-A-Pharmacist 14 9:30 Creative Writers 10:00 Veterans Q & A 1:30 Fabric Painting</p>	<p>9:30 Co-Ed Softball 15 10:00 Facebook 101 11:00 Brain Games 12:30 Smart Phone/Tablet Camera Class 1:30 Afternoon Dancing 5:30 Savvy Caregivers Class</p>	<p>9:00 Advisory Board 16 10:00 Camera Club 10:00 SAIL Meet & Greet 1:00 Genealogy Class 1:30 AARP Ch. 85</p>	<p>9:30 Co-Ed Softball 17 10:00 Happy Hikers & Thursday Walkers 2:00 With Hope in Mind 2:30 Council on Aging</p>	<p>1:30 Old Time String Band 18</p> <hr/> <p>7:00 Third Friday DJ Variety Dance</p>
<p>9:00 Legal Assistance 21 <i>by appointment only</i> 10:00 SAIL Exercise Class 12:00 Lunch & Learn</p>	<p>9:30 Co-Ed Softball 22 10:00 Singing Seniors Spring Concert Refreshments served at 9:30. The Public is invited. 11:00 Brain Games 1:30 Afternoon Dancing</p>	<p>10:00 SAIL Exercise Class 23</p>	<p>9:30 Co-Ed Softball 24 10:00 CAC Board Meeting 10:00 Happy Hikers & Thursday Walkers 1:00 Cornhole Competition</p>	<p>1:30 Old Time String Band 25</p>
<p>CENTER CLOSED 28 HAPPY MEMORIAL DAY </p>	<p>9:30 Co-Ed Softball 29 11:00 Brain Games 11:30 Washable Oils Painting 1:30 Afternoon Dancing 4:00 Picnic in the Park</p>	<p>1:00 Genealogy Class 30 10:00 SAIL Exercise Class</p>	<p>9:30 Co-Ed Softball 31 12:00 Knox County Council of Garden Clubs Flower Show</p>	

RECURRING WEEKLY EVENTS

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

JUNE 2018 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
Blood Pressure Checks Monday—Friday 10:30 am-11:30 am				1:30 Old Time String Band 1 <i>First Friday Refreshments</i> <i>Sponsored by Humana</i>
9:00 Legal Assistance 4 <i>by appointment only</i> 9:30 Creative Writers 10:00 SAIL Exercise Class 11:30 Creative Endeavors 1:30 Fabric Painting 3:00 Investment News	9:30 Co-Ed Softball 5 11:00 Brain Games 1:30 Tea Dance	10:00 SAIL Exercise Class 6	9:30 Co-Ed Softball 7 10:00 Happy Hikers & Thursday Walkers	8 7:00 PM Fifties Dance Ed Niedens Band 14
10:00 SAIL Exercise Class 11 10:00 Veterans Q & A 12:00 AARP Driver Safety Training 12:00 Lunch & Learn	9:30 Co-Ed Softball 12 11:00 Brain Games 12:00 AARP Driver Safety Training 1:30 Afternoon Dancing	1:00 Genealogy Class 13 10:00 SAIL Exercise Class	9:30 Co-Ed Softball 14 10:00 Happy Hikers & Thursday Walkers 12:00 Diabetic Sweet Spot 1:00 Flower Lovers 2:00 With Hope in Mind	15 7:00 PM THIRD FRIDAY DJ VARIETY DANCE
9:00 Legal Assistance 18 <i>by appointment only</i> 9:30 Creative Writers 10:00 SAIL Exercise Class	9:30 Co-Ed Softball 19 10:00 Apple Basics 11:00 Brain Games 12:30 Android Basics 1:30 Afternoon Dancing	9:00 Advisory Board 20 9:00 Toenail Clipping 10:00 Apple Basics 10:00 SAIL Exercise Class 12:30 Android Basics 1:30 AARP Ch. 85	9:30 Co-Ed Softball 21 10:00 Happy Hikers & Thursday Walkers	22
10:00 SAIL Exercise Class 25	9:30 Co-Ed Softball 26 10:00 Awesome Apps 11:00 Brain Games 12:30 Facebook 101 1:30 Afternoon Dancing	10:00 SAIL Exercise Class 27 1:00 Genealogy Class	9:30 Co-Ed Softball 28	29

RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45 Advanced Senior Cardio 10:00 Party Bridge 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 Greenhouse, Quilting Tai Chi 10:00 Basic Arthritis Exercise French, Party Bridge Tai Chi Set Practice Water Aerobics, Yoga 11:00 Adv Arthritis Exercise Brain Games, Italian 11:20 Seated Yoga 11:30 Washable Oils Painting 1:00 Cribbage & Table Games	8:30 Open Painting 8:45 Advanced Senior Cardio 9:00 Cadet Band Practice 10:00 Advanced Painting Concert Band Practice Party Bridge Water Aerobics 12:15 Health & Humor 12:30 Beginner Painting, Belly Dance, Texas Hold'Em 1:30 Beg.Beg. Line Dance, Bingo 2:00 Beginner Line Dance	8:30 Blood Glucose Checks 9:00 Knitting & Crocheting 9:00 Tai Chi 10:00 Basic Arthritis Exercise Happy Hikers Tai Chi Set Practice Thursday Walkers Water Aerobics, Yoga 11:00 Adv Arthritis Exercise Beginner Bridge 11:20 Seated Yoga 1:00 Cards & Games	9:00 Greenhouse Woodcarving 10:00 Beginner Spanish 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

O'CONNOR,
CONTINUED FROM P. 5

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 struggles with vision issues and would like to be involved in Center events, please encourage them to call the Center today at 523-1135.

Market Group This & That Annual Sale: Shop early to get the best treasures; sale begins at 9:00 am!

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! (Watch for news of a new "How to Read Music" class for those who always use that excuse--"I don't know how to read music!")

Old Time String Band: A weekly afternoon get-together for music lovers of all kinds! Anyone who plays an acoustic string instrument, sings, or just likes

to listen and dance, will enjoy this fellowship! Everyone welcome, regardless of skill level. Don't miss the First Friday with the band each month and enjoy sponsored refreshments!

Painting (Advance & Beginner): Class instruction provided by Ann Birdwell; cost is \$40/10 week session. Next session begins in the Fall. Call for info.

Painting with Washable Oils: Tuesdays. Instructor: Liberty Gialelis. Cost is \$20 for 5-week session beginning May 29. Beginners and newcomers welcome. Call for information.

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

Picnic in the Park with the DixieLand Jazz Band: Join us for our Memorial Day Celebration with hotdogs, ice cream, and lawn games. Family and friends are invited to this event. Admission is \$2.00 and pre-registration is required.

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.

Singing Seniors Spring Concert: On Tuesday, May 22, enjoy refreshments at 9:30 am followed by the 10:00 am performance at the O'Connor Center! Invite friends and family to enjoy this special musical celebration!

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

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 regarding walks and see Sunday's *Weekly Update* for walk details.

Veterans Services: May 14 & June 11. 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.

FEBRUARY 2018 & MARCH 2018 DONATIONS

Anonymous (38)
Diana Amann
Glen Anderson
Bob Andres
Elbert & Jane Armstrong
Anna Bass
Wayne & Mary Bell
Alyson Benningfield
Mikeal Berry
Richard & Janet Bohnenberger
Ken and Kaye Brock
DeWane Broome
Paige Buchholz
Mary Ann Bush
Charles E. Carson, III
David Cazalet
Colonial Heights United Methodist Church, J. Ray Stuart Sunday School Class
Eileen Combs
Concord United Methodist Church, Souper Bowl for Caring
Deborah Corrier
Craig & Rhonda Covert
James & Brooksie Cox
Debbie Cutler
Tandy & Helen Dalton
Steve Dalton
Tom Dunne
Jerry & Cindy Eisele
Bill & Vicki Evans
B. Duane & Billie Farrington
Avi Finley
John & Monica Freeman
Becki Garland
Dan & Nancy Gaubas
Kenneth Gilbert
Anna Goodman
Vance & Sarah Harmon
Russell & Margaret Harris
Steve & Peggy Harrison
Andy & Sarah Henderson
Elizabeth Hinton
David & Mary Jo Holden
Sufenne Hung
John & Ruth Hungerford
Frederick and Barbara Jackson
Melissa Johnson
Christine Johnson
Timothy & Leora Jordan
Margaret Kidwell

Jan King
Thomas Kirkland
Charlotte Klieman
Clyde Knisley
Kurt & Patricia Land
Jo Learn
Kathy Ledford
Tommy Lockhart
Pam Lovell
Debbie Lowe
John & Carla Lyle
Charles & Marcia Lyons
L. Aaron & Rachel Madron
Michael & Lori Major
Sheila Marino
Richard & Francene Markiewicz
William Martin
David McCormick
Harvey McGee
Catherine McKeown
Kathy Meaney
Jeff & Anita Miller
Jennifer Mirts
Margaret Monk
Cheryl Morris
Amelia Myers
Lien Nguyen
Jane Nicholson
Janice Noe
Tyra Noe
Oakwood Baptist Church,
Homemaker's Sunday School Class
Martha J. Olson
Julius Parker
Marjorie Patrick
Carl & Mary Porter
Larry Prater
Norman Queener
Judith Rattner
Dr. Robert Reiner
John & Patricia Riblett
Michael & Sandra Rini
Sarah Rule
Shelba Sams
Daniel & Cindy Schilling
John & Ruth Hungerford
Kelley Sexton-Bruce
Jim & Ann Shay
Ronald & Virginia Shrieves
Smithwood Baptist Church, Joy Class
James Spence
Janell Strong

Anthony & Elaine Stratis
Jay Strozier, Dream Gardens
Melvin Sturm
Peggie Terrell
Everett & Berrietta Thomas
Tanzell Thress
Eulene Tidler
Linda Townsend
James & Beverly Truan
Vivian Vega
Caron & Alison Vick
Jerry & Emily Vreeland
Jay & Janet Walp
Debra Watson
David & Carolyn Wells
J. Lynn & Judy White
Elizabeth Wieselquist
William Wilson
Susan Wilson
Charles Wilson
Charles A. Wilson
Dr. Marshall & Kebra Wolfe
Hubert Wrushen
Margaret Monk
Cheryl Morris
Katherine Young

REGULAR IN MEMORY OR HONOR

In Honor of all Seniors
Walter & Angela Hardy Cross
In Honor of Ms. Nell Alfaro
Charlenia Wilson
In Honor of Edna Allison & Kenny Allison
Barbara Geitner
In Memory of Leila Brown
Norma Velasco
In Honor of Cindy McCallen Cassity
Staci Crawford
In Memory of Stella Collins
Ronnie & Sharon Collins
In Memory of Chuck Conn
Craig Conn
In Memory of Agnes Cook
Diane Cook
In Honor of Dr. Reid Crumpton
Anonymous
In Honor of Dr. Brianna Crumpton
Anonymous
In Memory of Charles A. Currens & Mary "Jo Jo" Kyzer

Jeanette Currens
In Memory of Edward A. Davis
Anonymous
In Memory of Betty DeLaney
Mr. & Mrs. George Smith
In Memory of Dorothy Frost
Catherine Cooper
In Memory of Willie Gardner
Joseph Gardner
In Memory of David Hall
Kathy Sergeant
In Memory of Father Albert Henkel
Helen Freeh
In Memory of Ethel Hilton
Anonymous
In Memory of William Humbert, III
Robert & Janie Hill
In Memory of Arnold Jones
Edward Jones
In Memory of Margie King
Harvey & Marilyn Liberman
In Memory of Charles Lee
Fred & Peggy Baker
In Memory of Charles A. (Chuck) Lee
R.J. & Lynn Rose Coker
In Memory of Charles Arthur (Chuck) Lee
Berniece DePue
In Memory of Charles Lee
Susan Long
In Memory of Chuck Lee
Fred & Liz Melloy
In Memory of Richard May
Mary Bedinger
In Memory of Richard May
Senior Citizens Home Assistance Service
In Memory of Richard May
Tony & Jenny Stansberry
In Memory of Tyson McGhee
Carol McGhee
In Memory of Barbara Monty
Nancy Walker
In Honor of Kenneth Roberts
Laurie Gibson
In Memory of Ron Suarez
Judy Smith
In Honor of Goldie & Hobby-Williams
Salon
Tom & Cheryl Midyett
In Memory of Evelyn Wilson
Anonymous

ADOPT A SENIOR DONATIONS

Anonymous (42)
Barbara Abner
Claude Barnes
Richard & Barbara Bashford
Bearden United Methodist Church,
United Methodist Women
Beaver Creek Cumberland
Presbyterian Church, Searchers
Sunday School Class
Mikeal Berry
John & Debbie Black
Aaron Blake, Knoxville Steak Club
Richard & Sharalyn Blattner
H.T. & Linda Bolen
Michael & Sandra Bradshaw
Sybil Bridges
Alan & Dianna Brizzolara
Ken and Kaye Brock
Joyce Brown
R. & S. Brown
William & Nancy Carroll
Charles & Lisa Chambers
Patrick Clark
John Coleman
Steve & Jane Combs
Maxine Cook
Susan Cowan
Mr. & Mrs. Robert Croley
Ida Daniels
Robert & Honerlin Del Moro
Stephen Delozier
Rod & Nancy Deveen
Mark & Helen Dickey
Randy Edgemon
Eugene & Barbara Eisinger
Melanie Elliott
Tony Ellis
Dr. Mark & Gena Evans
First Baptist Church, Concord, Agape
Sunday School Class
First United Methodist Church,
Pilgrimage Sunday School Class
John & Carole Galyon
Ann Gehin
Scott & Sue Gibson
Virginia Green
William Greene
James & Gail Halas
Stephen & Kathryn Hall

Thomas & Rachel Hallam
Daniel Hatfield
Jerry & Janie Herrmann
John & Karin Hoover
Claude Barnes
Joe & Jeanne Huie
Michelle Hull
David & Janice Ishee
Emma Jackson
Melissa Johnson
Bruce & Lena Kennedy
Hwa Ok Kiim
John Klear
Wayne & Diane Lankford
James & Darlene Lara
Marleen Lee
David Loveless
Gloria Ann Lunsford
John and Lillian Mashburn
Tom Maxwell
Thomas & Patricia McDaniel
Kenneth & Polly McNutt
David & Barbara Myers
Amelia Myers
Larry & Phyllis Nance
New Hopewell Baptist Church,
Sunshine Club
Ken Nolen
Marie Norman
Helen Roehl O'Connor
James T. & Katherine O'Hatnick
Michael & Mary Ownby
Lewis M. Patterson
Marie V. Perelman
Deborah Perry
Christine Pienkowski
Carl & Mary Porter
Imogene Posey
Mark Rennich
Lavon & Darlene Rickard
Charles Robinson
Williams Rogers
Terry & Joan Rouse
Aileen Russell
Thomas & Charlotte Schumpert
Cynthia A. Serbin
Tamera Seymour
Donna Shine
Cindy Spradling
John Stanley

DONATIONS, CONTINUED ON P. 9

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
Tues/Wed, May 9 & 10, 10:00 a.m. to 12:00 noon
Tues/Wed, June 19 & 20, 10:00 a.m. to 12:00 noon

Android Basics Class: \$25 for the 2-day class
Wed/Thurs, May 9 & 10, 12:30 p.m. to 2:30 p.m.
Tues/Wed, June 19 & 20, 12:30 p.m. to 2:30 p.m.

Facebook: \$15 for the 1-day class
Tues, May 15, 10:00 a.m. to 12:00 noon
Tues, June 26, 12:30 p.m. to 2:30 noon

Awesome Apps: \$15 for the 1-day class
Tues, June 26, 10:00 a.m. to 12:00 noon

Getting the Most of Your Tablet/Smartphone Camera: \$15 for the 1-day class
Tues, May 15, 12:30 pm to 2:30 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 a.m. to 3:30 p.m. Please call to schedule an appointment.

PHYSICAL FITNESS - HEALTH EDUCATION - HEALTH SCREENING

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

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 \$3. Newcomers welcome.

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

Hearing Screening & Hearing Aids Checked/Cleaned by a Beltone Representative: May 1 & June 5.

SAIL Exercise Class: Class begins with a Meet & Greet on Wednesday, May 16 at 10:00 AM. Meet our NEW SAIL instructor and learn about how this new exercise curriculum can improve your balance

and strength. Class will meet every Monday and Wednesday. Class is FREE for select insurance members; all others \$2.00. Call for details.

Savvy Caregiver Class begins Tuesday, April 17, and meets in the evening so caregivers can attend. Course is designed to help caregivers better understand the challenge of caring for a loved one who suffers some form of dementia; please call 523-1135 to register for the class.

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. May 10 Maximizing Your Doctor Visit; June 14 Losing Weight the Wise Way.

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

Toenail Clipping, by Appointment Only: Cost is \$12. Call 523-1135 to schedule an appointment on May 9 or June 20.

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, May 17 and June 21. Support group for families dealing with

various forms of mental illnesses. Contact Gerald Segroves at 523-7284 for info.

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!

May 7 Effects of Hearing Loss: Join Michael Murphy, BC-HIC, from Beltone, as he discusses hearing loss and its impact on the quality of life.

May 21 Birds of the Wetlands: Ron Sentell, a nature photographer, will share his bird images from Hiwassee Wildlife Refuge near Chattanooga and 5 wetland locations in Florida. Enjoy his slideshow with individual bird sounds accompanying each slide, stories of bird migrations, mothers interacting with their young, and birds learning to fly.

June 11 This is Your Emergency: Rick Harrington, Coordinator for LifeStar, will discuss the signs and symptoms of various medical emergencies, and how to handle the situation.

June 25 All About Essential Oils: Join Stacy Williams as she presents information on what essential oils are, how they are used and how they can support our health. Complimentary diner lunch provided.

DONATIONS, CONTINUED FROM P. 8

Hazel Stewart
James & Jolene Styles
Brown & Julie Tate
The Glowing Body Healing Arts
The Gomatom Family
Harry Tucker
James & Virginia Wood

AAS IN MEMORY OR HONOR

In Memory of Mother
Anonymous
In Memory of Patricia O'Grady Arace
Sara Cornwell
In Memory of Richard R. Baumgartner
Dan & Nancy Gaubas
In Memory of Richard Baumgartner

Steve & Deborah Zimo
In Honor of Dan & Carol Casey
Thomas & Camy Pollard
In Memory of Harvey I. Cobert
Marilyn Cobert
In Memory of Marvin & Sybil Cooper
John Cooper
In Memory of Marie Draudt
Chad Pryson
In Memory of Mrs. Helen Gatlin
Robert & Marketta Smiddy
In Memory of William David Hall
Arbor Terrace of Knoxville
In Memory of David Hall
John & Mary Ferraro
In Memory of Jim Hammer

Carolyn Hammer
In Memory of Ida Harvey
Sandy Ball
In Memory of Grace Honadel & Joyce Bishop
Kathleen Davis-Adams
In Memory of Ed & Frances Karkut
Cynthia Karkut
In Memory of Charles Lee
Parker Girls
In Memory of Chuck Lee
David Surber family, Cellular Sales
In Memory of Charles Arthur (Chuck) Lee
Hugh & Shirley Wallen
In Memory of Richard May
Henry Naff & Tracy Horton
In Memory of Richard May
Bill & Ann Weigel & Ken McMullen

In Memory of Sarah N. Miller
Anonymous
In Honor of Mr. & Mrs. Gary L. Miller, Jr.
Charlenia Wilson
In Memory of John Findley Robbins, Jr.
Patricia Robbins & family
In Memory of Andrew Paul Sorrells
Curtis Sorrells
In Memory of Henry Stadelman
Anonymous
In Memory of Jackie Suffridge
Deborah Perry
In Honor of all Vietnam Veterans
Anonymous

ONE SENIOR FOR ONE YEAR

Anonymous (1)
All Saints Catholic Church

Lewis Banks
Battle Creek Community Foundations,
Matching Gift Program
Scott & Cindy Cassidy
Charles & Wilma Chadwell
Norma Cox Cook
In Memory of Parents
Richard & Carol Jones
Jim & Kathy Killingsworth
James A. Krug
David & Susan Long
John and Lisa McElligott
Harriet Miller
Davis & Christy Overton
Pilot Corporation Employees, Jeans Day
David & Mary Ann Piper
George P. & Julia B. Shiflett
Tommy Yasko

ONE SENIOR FOR ONE YEAR IN MEMORY OR HONOR

In Memory of Parents
Lafayette & Janice Williams

In Memory of Andrew J. Smith
Anonymous

TWO SENIORS FOR ONE YEAR

Anonymous (1)

FIVE SENIORS FOR ONE YEAR

Wanda Sobieski

FEBRUARY 2018 & MARCH 2018 OOA CONTRIBUTIONS

CONNECTING HEARTS

Karen Murray

FEED A PET

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

GRANDPARENTS AS PARENTS

Michael Finley

LIVE

Helen Bounds
Catherine D. Collins
Betty Hambrick
Dianne McManns-Atkin
Judith Scarbro
Shelby Watkins

O'CONNOR CENTER

Mary Carr
Elder Law of East Tennessee
Frankie Hicks
Sarah Malia
Larry May
O'Connor Dance Club
Larry Warden
In Memory of Dr. Veda Bateman
Dr. Catherine Gilreath
In Memory of Robert Brian Harvey
Edwina Harvey
In Memory of James Clayton Hicks
Bobby Crawford
In Memory of Jim Hicks
Mary Gouge
In Memory of Jim Hicks
Melissa Karnes
In Memory of Jim Hicks
David & Susan Long
In Memory of Jim Hicks
Sue Ludwig
In Memory of Jim Hicks
Larue Thompson
In Memory of Jim Hicks
Doris Vineyard
In Memory of Jim Hicks
Carolyn H. Wallace
In Memory of Frank Limpus, Sr.
Lynn Harrod
In Memory of Jim & Alice O'Connor
Mark O'Connor & Helene O'Connor
In Memory of John Robinson
Eddie Robbinson
In Memory of Varnell (Nell) Schaeffner
James & Joyce Coffey
In Memory of Nell Schaeffner
O'Connor Singing Seniors

KNOX PAWS

Rosalee Cafego
Steven & Jeanie Fox
Stan Heath
Laurie Houston
Peter & Fawn Landrum
Candace Mast
Kristopher McBride
Jill McNutt

Beth Needham
Jill Townsend
Weasels with Easels
In Memory of Foster Lewis
Anonymous

SENIOR COMPANIONS

Anonymous (13)
Vivian Akins-Borge
Charme Allen
Altruda's Italian Restaurant
Alzheimer's Association
Avalon Hospice
Janet Barber
Samantha Beals
Eric Bishop
Mr. & Mrs. Aaron Blake
Blelew Drug Family of Pharmacies
Brazeiros
Pamela Brody
Sherry Browder
The Honorable Mayor Tim Burchett
Burl & Frankie Chambers
Choices in Senior Care
Clarity Pointe
Sonia Clift
Patrice Collins
Matt & Elisa Crawford
Jackie Crawford
Piper Dailey
John Davis, II
Dollywood
Reed & Lisa Ellis
Elmcroft of West Knoxville
Michael Finley
Fountain City Jewelers
Franklin and Kyle Elder Law
Louis Frazier
Fresh Market
Ft. Sanders Health & Fitness Center
Gallaher Plastic Surgery & Spa
Daniel & Patricia Green
Greystone Lodge
Grow Knoxville-Ashane Archer
Concept Salon
Scott & Alysia Haluska
Kim Haufman
Thomas & Janie Hennessy
Hillcrest Healthcare
Theresa Hipsher
Jessica Holman
Thomas & Janice Holmes
Home Instead Senior Care
Larson Jay
Lucy Johnson
Johnson Family
Phylma King
Kendall Knight
Marilyn Kugler
Philip & Rachel La Nasa
Lamon Jewelers
Bill Lane
David & Debra Lee
Hannah Lewis
Long, Ragsdale and Waters, P.C.
Longhorn Steakhouse
Diane Lyle
Mac's Pharmacy
Manorhouse Assisted Living
Mark Meyers
Moonshine Mountain Cookies
Morning Pointe of Powell

Naples
National Fitness Center
Kristi O'Connell
Kim Olen
Painting with a Twist Farragut
Lea Ann Patrizio
Pointe at Lifespring Senior Living
Dorothea Pratt
Quality Home Health
Quality Private Duty Care
James Rader
Rainforest Adventures
Real Wood Floors
Pam & Dave Rechel
Brett Ridens
Right at Home
Ripley's Aquarium
Ripley's Attractions
Mandy Rivera
Stacy Roettger
The Honorable Mayor Madeline Rogero
Kendall Rutherford
SCHAS
Andrew Scruggs
Junelle Sellers
Senior Helpers
Sevier County Chamber of Commerce
Jennifer Shilling
Allison Singler
R. Larry Smith
Dr. & Mrs. Robert Smithwick
Smoky Mountain Hospice
Susie Stiles
Virginia Stokes
Summit View of Farragut
Rebecca Swingle
The Lantern at Morning Pointe
The Trust Company
The Well Being
Titanic Museum
April Tomlin
Mr. & Mrs. Joe Turner
Virginia Wallace
Hanno & Carol Weitering
Renee Wiesehuegel
Wonderworks
Lea Ann Wright
Madison Wright
D Wright
Nate
Jeff
Billy & Lori
In memory of Geavine Creasy
Anonymous
In memory of Grandparents & Aunt Thelma
Scott & Hollie Arnold
In honor of Sweet, Sweet Grams
Kirby Frair
In honor of Joan Tansil
Stephen & Novice Gross

SNAP OUTREACH

Union Baptist Church, Super Citizens

SENIOR NUTRITION PROGRAM

Gamma Beta Phi college Students

IT'S MAGIC! TURN YOUR PURSES INTO MEALS FOR SENIORS

Spring is here! Are you cleaning out your closets? Mobile Meals is looking for donations of new and gently-used purses, jewelry, and auction items for the annual Power of the Purse to be held on September 20.

The wildly popular purse and jewelry sale and auction event

generates funds to provide hot, nutritious meals to more than 900 homebound seniors in every zip code of Knoxville and Knox County. If you have purses or auction items to donate, they can be dropped off at the following locations during normal business hours:

- CAC Office on Aging, 2247 Western Avenue, 37921
- Mac's Pharmacy, 2419 Washington Pike, Knoxville, 37917
- Chico's Turkey Creek, 11321 Parkside Dr., 37934
- Palm Village, 4485 Kingston Pike, 37919

Drop of jewelry donations at East Tennessee Personal Care, 9125 Cross Park Dr #100, Knoxville, TN 37923

If you have questions or need items picked up, call Shelly at (865) 524-2786 or email shelly.woodrick@knoxseniors.org. ■





**Got
Medicaid?**



**Got
Medicare?**



**Get
more benefits.**

Call today to enroll or get answers to your questions.

UnitedHealthcare
1-844-603-0251, TTY 711

UHCommunityPlan.com/TN



Community Plan

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract and a contract with the State Medicaid Program. Enrollment in the plan depends on the plan's contract renewal with Medicare. This plan is available to anyone who has both Medical Assistance from the State and Medicare.

Y0066_171024_140902 Accepted
CST19519

SAVE THE DATE

AGING: A FAMILY AFFAIR
Thursday, November 8 at Rothchild Conference Center

••••• TO KEEP YOU INFORMED •••••

MAKE A DIFFERENCE FOR GENERATIONS; JOIN SENIOR CORPS!

Did you know that May is not only Older Americans Month, but also kicks off with Senior Corps Week!?

That's right; Senior Corps Week 2018 is April 30-May 4!

But...What is Senior Corps?

Senior Corps is a Federal program engaging Americans age 55+ to use their wisdom and experience, making a difference in their communities as volunteers! Senior Corps comprises of three major programs: See which program best fits you, and start using your skills today!

Senior Corps Programs:



1. RSVP – Retired and Senior Volunteer Program

- RSVP is the largest senior volunteer network! Engaging volunteers age 55+, RSVP volunteers choose when and how they want to give their time!
- In Knox County, RSVP Volunteers assist 17+ organizations – volunteering with everything from Mobile Meals, to Ijams Nature Center, to local Senior Centers, to Feed-A- Pet, etc.
- RSVP allows volunteers to donate an hour, once a week, once a month, or once a year; you choose! RSVP volunteers can help with one project/organization, serve with multiple, or be “on call,” for special projects.

2. Foster Grandparent Program

- Working 15 to 40 hours a week, Foster Grandparent volunteers provide tutoring and mentoring to youth in need of extra assistance.
- Volunteers must be over 55 and fall within certain income guidelines. Foster Grandparents receive a small stipend for their time to help cover the cost of transportation, food, etc.
- In Knoxville, Foster Grandparents are placed at 35 schools, Head Starts, day cares, and Boys and Girls Clubs across the county.

3. Senior Companion Program

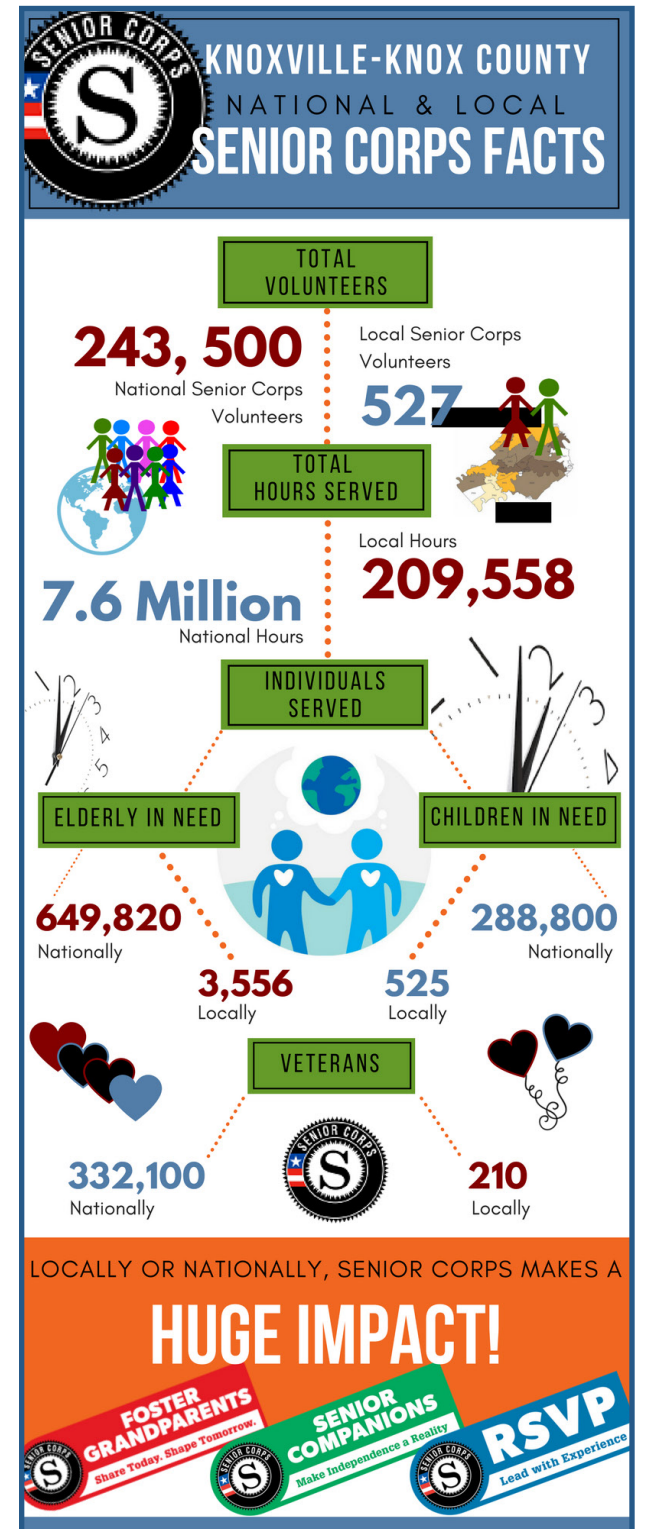
- Assisting two to four clients, Senior Companions donate 15-40 hours a week, sharing companionship and independent living support to homebound seniors.
- Volunteers must be over 55 and fall within certain income guidelines. Senior Companions receive a small stipend for their time to help cover the cost of transportation, food, etc.
- In Knoxville, Senior Companions assist 300+ frail seniors across the county, 44% of whom suffer from Alzheimer's or some other form of dementia.

For more information and ways to volunteer with Senior Corps, please contact

RSVP Coordinator Eden Slater at (865) 524-2786 or eden.slater@knoxseniors.org.

“As we lose ourselves in the service of others, we discover our own lives and our own happiness.”

~Dieter F. Uchtdorf



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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MAY/JUNE 2018

ELDER NEWS & VIEWS

PAGE 12

WHAT TO DO FOLLOWING A MEDICAL DIAGNOSIS: IMPORTANT LEGAL, FINANCIAL, AND CARE PLANNING

There are just some things in life that can turn everything upside down. A medical diagnosis is one of those things. Do you know what to do following a diagnosis of any sort? Join us as Amelia Croswell, Certified Elder Law Attorney describes the important legal, financial and care planning needed after a medical diagnosis.



JUNE MEETING

Date: Thursday, June 14, 2018

Time: 2:30 p.m.

Place: O'Connor Center
611 Winona St.

Amelia Croswell, owner and founder of Elder Law of East Tennessee, helps families overcome the legal, financial, long-term care, and health care challenges associated with aging and disability. Her practice areas include elder law, wills and trusts, special needs trusts, Medicaid planning, and veterans benefits planning. She is a Certified Elder Law Attorney by the National Elder Law Foundation and is an active member of several national and local organizations, including the Life Care Planning Law Firms Association, the National Academy of Elder Law Attorneys, the Tennessee Bar Association, and the East Tennessee Lawyers' Association for Women. ■

