

PAWS AMONG THE BLOOMS

7TH ANNUAL FUNDRAISER FOR KNOX PAWS: PLACING ANIMALS WITH SENIORS

Join us for the 7th Annual PAWS Among the Blooms, a beautiful evening of flowers, plants, live music, good food, wine bar, silent auction and lots of dogs. The event, held at Stanley's Greenhouse, is a benefit for the Knox PAWS program, which matches eligible seniors with adoptable pets. Research indicates that pets improve seniors' physical, emotional, and mental health. Program participants report that they are less lonely and more physically active when they have a pet for companionship.

Knox PAWS program participants must be 60 years of age or older, a resident of Knox County, income eligible and live independently in a pet-friendly environment. We complete an in-depth assessment to determine if the applicant is a match for the program and then work with them to find an animal that will make the perfect companion for them. The CAC Office on Aging partners with several shelters and rescue groups to find animals who need a home. Pets adopted by Knox PAWS participants are given an initial

2017 PAWS AMONG THE BLOOMS

Date: Friday, May 12

Time: 5:30 p.m. - 7:30 p.m.

Place: Stanley's Greenhouse
3029 Davenport Rd. in South Knoxville

Ticket cost: \$30 at the door

Call 524-2786 for more information.

medical exam, vaccinated, given a microchip, and are spayed or neutered before a placement is made.

To date, Knox PAWS has placed 89 adoptable shelter pets with seniors who wanted a companion pet for love and companionship.

Sponsorships of varying levels are available. If you are interested in becoming a

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sponsor of PAWS Among the Blooms, or if you have an item or service to donate to the silent auction, contact Misty Goodwin at 524-2786 or email misty.goodwin@knoxcac.org. You can also make a monetary contribution to Knox PAWS online at <https://secure.donationpay.org/knoxseniors/>.

Dogs on leashes are welcome at this event! ■



JOHN J. DUNCAN, SR. AWARD FOR SENIOR ADVOCACY

Everyone is invited to the 16th annual Duncan Award for Senior Advocacy on Thursday, May 4, from 4:00 p.m.-6:00 p.m. at The Pavilion at Hunter Valley Farm, 9133 Hunter Valley Lane, Knoxville (37922). This is a fundraising event, with scrumptious hors d'oeuvres, a silent auction, and a lively presentation of awards to this year's winners. Dr. Bonnie Callen is the Community Award recipient, and Special Agent Margaret Chuinard will receive the Professional Award. Come to hear how each of these senior advocates have had an important impact on the lives of seniors in our community.

Named in memory of John J. Duncan, Sr., the Duncan Award pays tribute to people in our community who uphold the same

kind of steadfast support and advocacy of seniors and programs that serve seniors as were exhibited by the late congressman. This signature event benefits the Office on Aging's Senior Information & Referral. Attendees will learn about the meaningful role that Senior Information & Referral plays in the lives of seniors who seek information and help through this valuable resource.

The event is free, but donations will be accepted at the door. For more information, call Senior Information & Referral at 546-6262. ■



Special thanks to our sponsors for their support of the Duncan Award for Senior Advocacy:

Always Best Care
Arbor Terrace of Knoxville Assisted Living
Becky Dodson
East Tennessee Personal Care
Genesis Brain Health Institute
Home Instead Senior Care
Hunter Valley Farm
Independent Insurance Consultants
Knoxville TVA Employees Credit Union
Morning Pointe Assisted Living
NHC Farragut
NHC Homecare
Quality Private Duty Care
Tennessee Men's Health Network
Williamsburg Villas

2017 CHANGES IN SOCIAL SECURITY

WILL IT BE THERE WHEN I NEED IT?

Complimentary Dinner

Please join us for a free workshop as Heather Majka, Certified Social Security Planning Strategist from Senior Financial Group, and Peggy Ransom from the CAC Office on Aging share the top 5 things that you need to know to plan accordingly and maximize your benefits.

Why should I attend?

- If you are planning on using Social Security Benefits in your lifetime
- If you are interested in minimizing your tax obligations or liability
- If you have ever been married or divorced
- If you want to know how much money you are going to get
- If you want to know when you should apply

Seating is limited, so reserve your seat today! Call (865) 546-6262. ■

SOCIAL SECURITY

Tuesday, June 27

5 p.m. – 7 p.m.

Oakwood Senior Living
232 E. Churchwell Ave. 37917



MOBILE MEALS SUMMER VOL CALL

Mobile Meals is looking for a few good volunteers to help deliver meals during the summer months. The program always needs extra hands during the summer when regular volunteers go on vacation or otherwise cannot make their usual routes. If you would like to volunteer, contact Shelly Woodrick at 524-2786 or email shelly.woodrick@knoxseniors.org.



SAVE THE DATE!

2017 Power of the Purse

Thursday, Sept. 21

5:15 pm, Rothchild Conference Center
6 pm, Purse Madness

Tickets go on sale July 10, 2017

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

Donations Needed!

For more info, call the Office on Aging, (865) 524-2786.

Shelly Woodrick, Mobile Meals volunteer coordinator,
x1547, or shelly.woodrick@knoxseniors.org,

Judith Pelot, Mobile Meals manager, x1548, or
judith.pelot@knoxseniors.org,



NEEDS ASSESSMENT: WE NEED YOU!

**THURSDAY, MAY 11, 2:30 PM AT O'CONNOR
SENIOR CENTER, 611 WINONA ST.**

In its role of encouraging, advocating and promoting issues of interest to seniors, the Council on Aging periodically assesses the needs of elders in our community. This meeting will be devoted to listening to all seniors and those who care for, help, and encourage them. Office on Aging director, Susan Long, said, "I invite anyone interested in senior matters—especially who has identified unmet or under-supported needs—to participate."

Past KCOA needs assessment meetings have produced a number of vital programs that serve seniors. Office on Aging programs like the Gift of Sight, Hearing & Dentures, Affordable Medicine Options for Seniors, and Volunteer Assisted Transportation were established as a direct result of needs that were brought up in these meetings, often by individuals in the community, including many seniors themselves.

Participants will break into small groups, each led by a trained facilitator. Although the group leader will moderate and focus the round-table discussion, each person will have a chance to offer his or her ideas. These ideas will be recorded, and later, a report will be prepared that summarizes the groups' ideas. That report will be available to the public.

For more information about the meeting, call the Office on Aging at (865) 524-2786. ■

SNAP OUTREACH

The Supplemental Nutrition Assistance Program (SNAP), formerly known as Food Stamps, is an excellent option for older adults with low income, people with disabilities, households with children, seniors, unemployed people, immigrant families, and others. SNAP helps them buy quality food they need for good health. The Office on Aging staff provides information about nutritional benefits of SNAP, pre-screens potential participants, and assists with the actual SNAP application.

If you need help with SNAP or would like more information on this program, call Alice Allen at (865) 524-2786 or send an email to alice.allen@knoxseniors.org. ■

SPRING JOB FAIR AND CAREER COACH FOR SENIORS

Job-seeking seniors: Come to the Senior Employment Job Fair on Wednesday, May 10, from 9:00 a.m. to noon at O'Connor Senior Center, 611 Winona Street. The Senior Employment Service, a program of the CAC Office on Aging, is hosting the event, along with as many as 40 other vendors, all who are interested in hiring older workers.



The job fair is an excellent opportunity to market oneself, so attendees should come prepared to discuss opportunities with prospective employers. Plan to bring copies of your resume, lists of your references, and any other information you might need to fill out applications.

In addition to the job fair, the Tennessee Career Coach will arrive on the scene at 9:00 am to provide a mobile computer lab with Internet access and Career Specialists that can provide assistance to job seekers with job searching, resumes, interviewing, as well as providing information on other career services. If the Coach is in your neighborhood, great things are happening, so get on board!

If you need help with your resume or interviewing skills, please call the Senior Employment Service, 524-2786. ■



CHECK OUT THE OOA BLOG

The Office on Aging has its very own blog, with articles of interest specifically for seniors. Topics are wide and varied, and include subjects like what to do after retirement, taking classes, discounts for seniors, and other interesting articles.

The blog is published bi-monthly on the knoxseniors.org website. Visit knoxseniors.org today and read the blog here: <http://knoxseniors.org/news/>.

Do you have ideas for blog topics? Send an email to Bob Paroski at bob@wordcrafterscopywriting.com.

AREA MAYORS CELEBRATE NATIONAL VOLUNTEER CORPS

On April 3rd, CAC AmeriCorps and CAC Senior Corps volunteers teamed up for a very special gathering at the O'Connor Senior Center. The Mayor and County Recognition Day for National Service is a nationwide bipartisan effort to recognize the positive impact of national service in our cities, to thank those who serve, and to encourage citizens to give back to their communities. Local elected officials and more than 250 volunteers gathered to talk about and celebrate the importance of National Service on the local level, as well as nationwide.

In Knox County, more than 600 AmeriCorps and Senior Corps volunteers of all ages have donated over 274,952 hours in the past year to strengthening our environment, providing disaster relief, mentoring and educating young people, working to help eliminate poverty, supporting older adults to live independently, and building capacity for local non-profits.

Area mayors and other officials participating in the event include City of Knoxville Mayor Madeline Rogero, Knox County Mayor Tim Burchett, Town of Farragut Vice Mayor Ron Pinchok, Town of Farragut Alderman Ron Williams, Town of Farragut Alderman Louise Povlin, Knox County Commissioner David Wright, Knox County Commissioner Bob Thomas, Knoxville City Councilman Dan Brown, City of Knoxville Senior Director of Community Relations Avice Reid, Jim Snell of Volunteer Tennessee, and Karen D'Angelo and Leah Mehl-Laituri with the CNCS State Office. ■



[L to R] Jason Scott, Ariel Allen, Eden Slater, Deisha Finley, Knoxville Mayor Madeline Rogero, Avice Reid, Barbara Kelly, and Nicole Stevens.

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 29, for Memorial Day

The O'Connor Center is the place to find a variety of entertainment this month with the **Market Group This & That Sale on May 3**, the **Forever Young Ensemble** presenting "We've Gone to the Dogs and Cats" on **May 11**, the **Silver Stage Players'** presenting "Relative-ly Speaking" on **May 16**, the Advisory Board's **Volunteer Appreciation Brunch on May 17**, the **Memorial Day Celebration on May 24** and the **Creative Endeavors' Indoor Garage Sale on June 2!** Make sure you don't miss a single event!

It's also time to enjoy the early produce appearing at the local farmers' markets! Don't forget you can hop on the bus just outside the front door of the O'Connor Center and ride to Market Square in air-conditioned luxury without having to worry about trying to find a parking space... and you can use your SNAP benefits to get double purchasing power at the market!

Hopping on the bus will be a snap if you attend the **KAT TRAVEL TRAINING 101** class being offered on **Wednesdays** in May. KAT folks will teach you all the steps to riding the bus and making a healthy commute! Also included will be some KAT history, pictures, and other memorabilia and a time for sharing memories of your early bus experiences in Knoxville. Classes will meet every Wednesday in May with a trip downtown to the **Market Square Farmers' Market planned for May 17**. Please call to sign up for this class.

MAY/JUNE PROGRAMS

AARP Driver Safety Program: The Smart Driver Course will be offered Wednesday and Thursday, May 17 & 18. Please call Carolyn Rambo at 382-5822 for info and to register for this two-day refresher course.

Arthritis Foundation Exercise, Tuesday/Thursday: Advanced class has good physical exertion, \$2/class; **Basic class**, offers seated exercise with limited physical exertion, \$1/class.

Ask-A-Pharmacist: Jay Wyrick, Walgreens RPH, will be available to answer questions related to medication.

Belly Dance: Wednesdays. A great way to work on core muscles while having a ton of fun.

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

Blood Glucose Checks: Thursdays, 8:30 am. 12-hour fast recommended, \$1.50/check.

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

Camera Club: Wednesday, May 17 & June 21. Learn

numerous techniques from photojournalist Shawn Poynter.

Cards and Games: Thursdays. Come and join the game of the day! Everyone welcome!

Council on Aging (COA): Council meetings are held Thursdays, May 11 & June 8, at 2:30 pm. The public is invited and encouraged to attend meetings.

Creative Endeavors: Monday, June 5. Newcomers always welcome! Opportunity to enhance, develop, and advance the creative endeavors, including educational and promotional opportunities.

Creative Writers Workshop: Mondays, May 8 & 22 and June 12 & 26. Join Barbara Stephens who lends encouragement and direction to others who enjoy writing!

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

Fabric Painting: Mondays, May 8 & June 12. Bring your materials and join Yvonne Fields who teaches the art of fabric painting in a relaxed setting! Newcomers welcome.

Flower Lovers Club: Meets the first Thursday of every month. Members are avid flower enthusiast and arrangers. Newcomers welcome!

Forever Young Ensemble: Thursday, May 11. "We've Gone to the Dogs... and Cats!" Be prepared to laugh and have a great time! You can also plan to stay for the Needs Assessment immediately following this event which will begin at 2:00 pm with refreshments!

French: Last class will be May 30; following the summer break, classes will resume on Tuesday, September 5.

Fun Film Fridays: Enjoy popcorn and a movie each Friday at 12:30 pm. Movie for the week is featured in the **Weekly Update** in the Sunday edition of the *Knoxville News Sentinel*.

Garage Sale: Friday, June 2, 8:00 am - 2:00 pm. Sale will be indoors and tables can be purchased for \$10. Vendor space is limited; come to the O'Connor Center to complete paperwork and pay to reserve your space.

Gift Shop: Open Monday-Friday from 10:00 am-2:00 pm. New crafters are invited to join and place hand-made/hand-crafted treasures for sale in the shop for a mere \$10 annual membership fee! Call for information.

Greenhouse: "Green Thumbs" are needed in the greenhouse on Tuesdays and Fridays! See the **Weekly Update** for plant sale dates.

Growing Up & Out: Mondays, May 15 and June 19. Spring is the time to join this monthly meeting series

for anyone interested in gardening or horticulture.

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 10:00 am, unless otherwise stated.

May 4 Mount Cammerer, a 12-mile strenuous hike

May 11 Curry Mountain to Elkmont, a 7.5 moderate hike

May 18 Fort Loudon, a 3-4 mile easy hike

May 25 Spruce Flats Falls/West Prong Trail, 7-mile moderate hike

June 1 Optional

June 8 Injun Creek to Grapeyard Ridge Trail, a 5-mile hike

June 15 Sharps Ridge, a 3-mile walk

June 22 Cumberland Falls State Park, a 3-mile hike

June 29 Blue Herron in the Big South Fork, a 6-mile hike

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

Harrah's Trip: Monday, May 1, and Tuesday, June 6. Please call Frankie at 525-1475 for information; it's a really fun day with light refreshments at 7:30 am and departure promptly at 8:00 am. Cost is \$35/person.

Internet Café: Open daily, all day. Drop in and enjoy today's tools of communication—and Cable TV as well! A Kindle, iPad, and laptop can be checked out and Dr. Ron will be available for computer "questions and answers" Tuesdays, 10:30 am to 3:30 pm.

Italian: Last class will be May 30; following the summer break, classes will resume on Tuesday, September 5.

KAT Travel Training 101: Wednesdays in May, learn how to ride the city bus and why it is good for your **health** and your **wallet** or **purse!** An escorted bus trip to Market Square Farmers' Market will take place on Wednesday, May 17! Plan to use your SNAP benefits and double your purchasing power!

Knitting & Crocheting: Thursdays until May 25. Keep your hand and fingers flexible as you learn! Open to all, regardless of level; free instruction available by Linda Costner.

Legal Assistance: May 1 & 15 and June 5 & 19. Call 637-0484 to schedule an appointment for free legal services for seniors.

O'CONNOR, CONTINUED ON P. 8

MAY 2017 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
<p>1</p> <p>8:00 Harrah's Trip 9:00 Legal Assistance 10:00 Basic iPad/iPhone 12:30 Basic Android/Galaxy</p>	<p>2</p> <p>10:00 Beg. iPad/iPhone 12:00 Hearing Screening and Hearing Aids Cleaned & Checked 12:30 Beg. Android/Galaxy 1:30 Tea Dance</p>	<p>3</p> <p>8:30 Market Group This & That Sale 10:00 Intro to Facebook 11:00 KAT Training 12:30 Intro to Instagram & Twitter 1:00 Genealogy Class</p>	<p>4</p> <p>10:00 Happy Hikers and Thursday Walkers 1:30 Computer Fundamentals 2:00 Flower Lovers</p>	<p>5</p>
<p>8</p> <p>9:30 Creative Writers 10:00 Veteran Q & A 12:30 Motivational Movie 1:30 Fabric Painting</p>	<p>9</p> <p>9:00 Tai Chi Open House</p>	<p>10</p> <p>11:00 KAT Training</p>	<p>11</p> <p>9:30 Ask-A-Pharmacist 10:00 Happy Hikers and Thursday Walkers 12:00 Diabetic Sweet Spot 1:00 Forever Young Ensemble Concert 1:30 Computer Fundamentals 2:30 Council on Aging</p>	<p>12</p> <p>7:00 Spring Fling Dance with Mood Swing Band</p>
<p>15</p> <p>9:00 Legal Assistance 12:00 Lunch & Learn 12:30 Growing Up & Out</p>	<p>16</p> <p>1:00 Silver Stage Players Present <i>Relative-ly Speaking</i></p>	<p>17</p> <p>9:00 Volunteer Appreciation/ Advisory Board Mtg. 10:00 Camera Club 11:00 KAT Farmers' Market Trip 12:00 AARP Driver Safety 1:00 Genealogy Class 1:30 AARP Ch. 85</p>	<p>18</p> <p>8:30 Toenail Clipping 10:00 Happy Hikers and Thursday Walkers 12:00 AARP Driver Safety 1:30 Computer Fundamentals 2:00 With Hope in Mind</p>	<p>19</p> <p>7:00 DJ DANCE</p> 
<p>22</p> <p>9:30 Creative Writers 12:00 Lunch & Learn</p>	<p>23</p>	<p>24</p> <p>11:00 KAT Training 2:00 Memorial Day Celebration 3:00 Beg. Line Dance</p>	<p>25</p> <p>10:00 Happy Hikers and Thursday Walkers 10:00 CAC Board Mtg.</p>	<p>26</p>
<p>29</p> <p>CENTER CLOSED</p> 	<p>30</p>	<p>31</p> <p>11:00 KAT Training 1:00 Genealogy Class</p>		

RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:45 Advanced Senior Cardio 10:00 Party Bridge 10:00 Water Aerobics 10:30 Loss & Life Changes Support Group 1:30 Intermediate Line Dance</p>	<p>9:00 Quilting 9:00 Greenhouse 9:00 Tai Chi 10:00 Basic Arthritis Exercise 10:00 French 10:00 Party Bridge 10:00 Tai Chi Set Practice 10:00 Water Aerobics 10:00 Yoga 11:00 Adv Arthritis Exercise 11:00 Italian 11:20 Seated Yoga 11:30 Washable Oils Painting</p>	<p>8:30 Open Painting 8:45 Advanced Senior Cardio 9:00 Cadet Band Practice 10:00 Advanced Painting 10:00 Concert Band Practice 10:00 Party Bridge 10:00 Water Aerobics 12:00 Brain Games 12:15 Health & Humor 12:30 Beginner Painting 12:30 Belly Dance 12:30 Texas Hold'Em 1:30 Beg. Beg. Line Dance</p>	<p>8:30 Blood Glucose Checks 9:00 Knitting & Crocheting 9:00 Tai Chi 10:00 Basic Arthritis Exercise 10:00 Cards & Games 10:00 Happy Hikers 10:00 Tai Chi Set Practice 10:00 Thursday Walkers 10:00 Water Aerobics 10:00 Yoga 11:00 Adv Arthritis Exercise 11:20 Seated Yoga</p>	<p>9:00 Greenhouse 9:00 Woodcarving 10:00 Spanish 10:00 Water Aerobics 11:00 Silver Stage Players 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 2017 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
BLOOD PRESSURE CHECKS DAILY 10:30-11:30		OLD TIME STRING BAND  FRIDAYS 1:30 PM	10:00 Happy Hikers & Thursday Walkers 2:00 Flower Lovers	GARAGE SALE  8:00-2:00
9:00 Legal Assistance 10:00 Basic iPad/iPhone 11:30 Creative Endeavors 12:30 Beg. Android/Galaxy 12:30 Tell Your Story 2:30 Investment News	8:00 Harrah's Trip 10:00 Basic iPad/iPhone 12:00 Hearing Screening & Hearing Aids Checked 12:30 Basic Android/Galaxy 1:30 Tea Dance	8:30 Toenail Clipping	10:00 Happy Hikers & Thursday Walkers 10:00 Intro to Facebook 12:00 Diabetic Sweet Spot 12:30 Phone/Tablet Photography	7:00 pm 50's Dance featuring the Ed Niedens Band
9:30 Creative Writers 10:00 Veteran Q & A 12:00 Lunch & Learn 1:30 Fabric Painting		8:30 Toenail Clipping 1:00 Genealogy Class	10:00 Happy Hikers & Thursday Walkers 2:00 With Hope in Mind	7:00 PM Variety DJ Dance
9:00 Legal Assistance 10:00 Intro to Pinterest 12:00 Lunch & Learn 12:30 Awesome Apps 12:30 Growing Up & Out		10:00 Camera Club 1:30 AARP Ch. 85	10:00 Happy Hikers & Thursday Walkers	
9:30 Creative Writers 1:00 Market Group		1:00 Genealogy Class	10:00 Happy Hikers & Thursday Walkers	

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 Exercise 10:00 Party Bridge 10:00 Tai Chi Set Practice 10:00 Water Aerobics 10:00 Yoga 11:00 Adv. Arthritis Foundation Exercise 11:20 Seated Yoga 11:30 Washable Oils Painting 1:00 Cribbage /Table Games 1:30 Afternoon Dancing	8:30 Open Painting 8:45 Adv. Senior Cardio 9:00 Cadet Band Practice 10:00 Concert Band Practice 10:00 Party Bridge 10:00 Water Aerobics 12:00 Brain Games 12:30 Belly Dance 12:30 Health & Humor 12:30 Texas Hold 'Em 1:30 Beg. Beg. Line Dance 1:30 Bingo 2:00 Beginning Line Dance	8:30 Blood Glucose Checks 9:00 Knitting & Crocheting 9:00 Tai Chi 10:00 Basic Arthritis Exercise 10:00 Cards & Games 10:00 Happy Hikers 10:00 Tai Chi Set Practice 10:00 Thursday Walkers 10:00 Water Aerobics 10:00 Yoga 11:00 Adv. Arthritis Foundation Exercise 11:20 Seated Yoga	8:45 Adv. Senior Cardio 9:00 Greenhouse 9:00 Woodcarving 10:00 Spanish 10:00 Water Aerobics 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

Loss & Life Changes Support Group: Mondays. Change oftentimes results in grief, for a variety of reasons! Find help from a group effort as 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: Our Low Vision Group is an active part of the Center and new members are always welcome. If you know someone who would like to be involved in Center events, please call or encourage them to call the center today to register for the Silver Stage Players' production of *Relative-ly Speaking* on May 16 and the May 24 Memorial Day Celebration. Free transportation is provided to Center events.

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

Memorial Day Celebration: Fill your tummy with ice cream sundaes while hearing the O'Connor Band's concert that will fill your heart with happiness!

O'Connor Center Band (Cadet for Beginners/ Concert for Advanced) Wednesdays. Band Director Linda Edwards provides encouragement and direction to newcomers and pros alike! No experience is necessary and newcomers are welcome! Some instruments are available. Gently used instruments can be donated to the Center for a tax deduction! The band will perform at the May 24 Memorial Day Celebration—call by FRIDAY, MAY 19, to reserve your concert seat!

Old Time String Band: Friday afternoons, 1:30 pm. If you play an acoustic instrument, sing, or just like to listen and dance, we would love to have you at this casual FRIDAY afternoon get-together. All skill levels welcome!

O'Connor Painters (Advanced and Beginner): Wednesdays. New 10-week lesson series beginning September 9; cost is \$40. Newcomers welcome. *Registration and paid fee is required to insure a spot in the fall classes.*

Painting with Washable Oils: Tuesdays.

Instructor: Liberty Gialelis. New 5-week session begins May 1 & June 6; cost is \$20. Beginners and newcomers welcome. Call for information.

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

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

Relative-ly Speaking: When you shake your family tree...a few squirrely characters are likely to fall out! You are invited to enjoy this performance by the O'Connor Silver Stage Players consisting of a series of monologues, dialogs, and playlets about dysfunctional fictional family situations. Performance is at 1:00 pm on Tuesday, May 16, with refreshments to follow.

Senior Advanced Cardio: Monday & Wednesday. This Covenant-led low impact aerobic class includes an increased level of intensity and a strenuous workout. Cost is \$3. Newcomers welcome.

Spanish: Fridays. This basic class for beginning and intermediate students is taught by Bonito Lopez Abarca.

Taoist Tai Chi Classes and Practice: Tuesdays and Thursdays. Originally developed for self defense, Tai Chi helps reduce stress and anxiety and has been described as meditation in motion! It promotes serenity through gentle, flowing movements. Tai Chi Open House will take place May 9 at 9:00 am; newcomers welcome!

Tell Your Story: Monday, June 5. Learn how to turn your memories and life events into stories under the leadership of Bonny Millard, Writing Coach/ Developmental Editor/Journalist. This 2-hour workshop is sponsored by Knoxville Writers' Guild and the East Tennessee Foundation.

Texas Hold'em: Wednesdays. Enjoy fun with the Flop, the Turn, the River, and even the Fold! Experienced and inexperienced card players are welcomed! Cost is \$2/class.

Veterans Services: May 8 & June 12. The Knox

County Veterans Service Office representative will be available to answer questions or provide direction concerning the latest changes.

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

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

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.

Yoga: Tuesdays & Thursdays, 10:00 am, and Seated Yoga on Tuesdays & Thursdays at 11:20 am. 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.

Beginner Beginner Line Dance, Wednesdays. Specifically for those with no experience.

Beginner Line Dance, Wednesdays. For the true 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.

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

Tea Dance: First Tuesdays, May 2 and June 6. Good music, fellowship, and refreshments.

3rd Friday Night Dances w/Refreshments: May 19 and June 16. "ALL TYPE" dance with a special DJ from Pro-Audio Mobile DJs; great music and refreshments!

Saturday Night Ballroom Dances w/Refreshments: May 13, Spring Fling with Mood Swing Band; June 10, **Fifties Dance with Ed Niedens.** Cost: \$5/Dance Club Members; \$7/Non Members.

O'CONNOR COMPUTER CLASSES - PLEASE PRE-REGISTER AND PRE-PAY

Computers, as well as some iPads, tablets, etc., are available; please indicate need when registering.

iPad/iPhone Beginner Class:

\$25 for the 2-day class

Mon-Tues, May 1 & 2, 10:00 am to Noon.

Mon-Tues, June 5 & 6, 10:00 am to Noon.

Android/Galaxy Beginner Class:

\$25 for the 2-day class

Mon-Tues, May 1 & 2, 12:30 pm to 2:30 pm.

Mon-Tues, June 5 & 6, 12:30 pm to 2:30 pm.

Intro to Facebook Class: \$15 for 1-day class

Thurs, May 3, 10 am to Noon

Thurs, June 8, 10 am to Noon

Intro to Instagram and Twitter:

\$15 for the 1-day class

Wed, May 3, 12:30 pm to 2:30 pm

Phone/Tablet Photography:

\$15 for the 1-day class

Thurs, June 8, 12:30 pm to 2:30 pm

Pinterest: \$15 for the 1-day class

Mon, June 19, 10 am - Noon

Awesome Apps: \$15 for the 1-day class

Mon, June 19, 12:30 pm to 2:30 pm

Computer Fundamentals:

\$5 for the 3-session class

Thurs, May 4, 11, & 18, 1:30 pm to 3:00 pm

Opportunity for FREE One-on-One lessons with Dr. Ron Dickerson on Tuesdays and Thursdays, by reservation only.

CALL 523-1135 FOR INFORMATION

AND TO REGISTER FOR CLASSES.

PRE-PAYMENT REQUIRED.

Health and Humor: Wednesdays. **Stress relief from laughter? It's no joke!** Laughter will always be the best medicine! Enjoy fellowshiping with Nurse Claudia and others who enjoy laughing!

Hearing Aids Cleaned, Checked, and Hearing Tested:

- May 2 Can You Hear Me Now? Hearing Aids cleaned/checked by a Beltone representative.
- June 6 Can You Hear Me Now? Hearing Aids cleaned/checked by a Beltone representative.

Lunch & Learn: PLEASE NOTE: Complimentary lunch will be provided for those who make a reservation by Thursday of the previous week.

- May 15 Skin Cancer Awareness - Andrew Ward, UT Nurse Practitioner, will talk about different skin cancers and how to protect your skin.
Reservation required.
- May 22 Are You Out of Alignment? - Valerie, from Brown Chiropractic, will be here to discuss the relationship between the human skeletal system and balance.
Reservation required.
- June 12 A Life Well Celebrated - Keith Shown, from Berry Lynnhurst Funeral Home, will lead this information session on pre-planning and how to handle the unexpected loss of a loved one. Complimentary lunch provided by Berry Lynnhurst Funeral Home for those who register by the previous Thursday.
- June 19 Online Financial Security - A representative from US Bank will lead this presentation on how to protect oneself with online finances and how to identify scams.

Sweet Spot for Diabetics: NEW DAY & TIME--2nd Thursdays. This important Diabetic Support Group led and sponsored by Mac's Pharmacy includes Group Education and Discussion. Mac's Pharmacy will also provide a COMPLIMENTARY LUNCH from the DINER for those who pre-register.

- Thursday, May 11 A pharmacist from Mac's Pharmacy will discuss "The Glycemic Index"
- Thursday, June 8 A pharmacist from Mac's Pharmacy will discuss "Diabetes medications"

Toenail Clipping by Appointment Only: Cost is \$12; please call 523-1135 to schedule an appointment with Kelli! Thursday, May 18, Wednesday, June 7, Wednesday, June 14

ADOPT-A-SENIOR SPONSORS FEBRUARY 2017 & MARCH 2017 DONATIONS

Anonymous (16)
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David and Konnie Anderson,
The David & Konnie
Anderson Fund
Battle Creek Community
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Beaver Creek Cumberland
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TSCHSW Mid East Council
Virtue Cumberland
Presbyterian Church,
Day Circle

AAS IN MEMORY OR HONOR

In Honor of Norma & Ralph Bounds
Anonymous
In Memory of Thelma, Kenneth & Marsha Carrington
Marilyn C. Davidson
In Honor of Fannie Grubbs
Anonymous
In Memory of Ethel Hilton
Anonymous

In Honor of HOA Board of Moss Creek Villas
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Sue Krzeski
In Memory of Helen Lofaro
Anonymous
In Memory of Hubert Ownby
Bobbie Underwood
In Memory of Thomas Prough
Anonymous
In Honor of Jewel Ramsey
Corryton Church, Debbie Mason's
Sunday School Class
In Memory of Andrew Paul Sorrells
Curtis Sorrells
In Memory of Andrew Paul Sorrells, II
Edwina Sorrells

ONE SENIOR FOR ONE YEAR

Arthur Cathers
Jim & Kathy Killingsworth
Pilot Corporation Employees, Jeans
Day

**ONE SENIOR FOR ONE YEAR
IN MEMORY OR HONOR**

In Memory of Andrew J. Smith
Anonymous

TWO SENIORS FOR ONE YEAR

Kimberly-Clark Corporation

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Catherine Gilreath
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Ruth Moore

KNOX PAWS

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Ruth Moore
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JAN-FEB 2017

O'CONNOR DANCE CLUB

Palmyra Moore

NOV-DEC 2016

O'CONNOR CENTER

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Joe, Teresa, Daniel & Same
Benson
Randi & Jim Cosilla
Kevin Cook
Cynthia W. Smith
*In Memory of their parents, Jim
and Alice O'Connor*
James R. O'Connor
Mark O'Connor
T. Patrick O'Connor
In Memory of Dr. Veda Bateman
John Henry Coleman
Gaye Bateman

**O'CONNOR CENTER IN
APPRECIATION**

*In Appreciation of AARP Tax
Preparation*
Larry May

O'CONNOR CENTER BAND

Jacqueline M. Barbarette
Palmyra A. Moore

PANCAKE FEST THANK YOU!

On behalf of the O'Connor Center **Participants, Staff, and Advisory Board**, appreciation is expressed to Mayor Burchett, the community, the media, elected officials, and community leaders who helped make this year's Pancake Fest special!

Special thanks goes to Phil Williams for the News/Talk 98.7 live broadcast, as well as the WATE, WVLTV, WBIR, and WKOP media personalities who provided wonderful media

coverage of the day's activities!

The majority of money raised comes from the companies in our community who purchase table space to be able to help folks know what services are available in our area. When you need help, remember the following individuals and companies who helped you know what services they provide and who helped make the 2017 Pancake Fest the very best ever!

A Place for Mom
 Atria Weston Place
 Berry Funeral Home
 Best Senior Caregiving
 Blue Cross/Blue Shield of Tennessee
 ClearCaptions
 Covenant Senior Health
 Deane Hill Place
 Dignity Memorial
 East Tennessee Chapter
 of the Alzheimer's Association
 East Tennessee PBS
 East Tennessee Personal
 Care Service
 ETHRA ETAAAD Choices Program
 ETHRA ETAAAD State Health
 Insurance Assistance Program
 Home Federal Bank
 Humana Healthcare

Independent Insurance Consultants
 John W. Coker, LTD
 Mac's Pharmacy
 Morning Pointe of Powell
 Office on Aging
 Senior Citizens Home
 Assistance Service
 Senior Financial Group
 Senior Home Assistance
 Senior Solutions Management
 Group-Sausage Sponsor
 The Pointe at Lifespring
 Senior Living
 Trinity Hills of Knoxville
 TVA Credit Union
 United Healthcare
 UT Medical Center
 Community Health

Westmoreland Health
 and Rehab Center
 Carol & Mike Doane
 Craft Show Vendors
 Dunkin' Donuts
 Famous Dave's Owner and Staff
 Gina Delk
 John K. Munro, Jr.
 Larry & Chris Warren
 O'Connor Advisory Board Members
 O'Connor Participant Volunteers
 Parks & Recreation Staff
 Reece Fulton, Parkwest Hospital
 Rick & Cindy Valentine
 Take-Out Staff
 The O'Connor Dance Club
 The O'Connor Quilters
 Walgreens Store Managers

Pancake Fest is not just a fundraiser, it is a time for the community to come together for fellowship, food, and fun! Thank you for allowing the O'Connor Center to be a part of Knoxville/Knox County. Funds raised will enable us to continue to provide services to area seniors in an effort to help folks add life to their years! ■

DAILY LIVING CENTER NEEDS VOLUNTEERS

The Daily Living Center is looking for a person or a group that can volunteer on a regular monthly basis to host events such as birthday parties, holiday celebrations, and other special events. If you or anyone you know is interested in this rewarding opportunity, call Wendy Neloms at 689-8203.

The Center is also looking for donations of small items to be used as door prizes for games like bingo. If you have items to donate, call Wendy to arrange a drop-off or pick-up.

The Daily Living Center, a component of the John T. O'Connor Senior Center, is a licensed adult day care program with the mission of providing community-based services to Knox County residents age 60 or older who are in need of a structured program that will develop or improve daily living skills, foster independence through social interaction, and allow the individual to remain in the community rather than be institutionalized.

The Daily Living Center's hours of operation are Monday through Friday, 7:45 a.m. to 4:15 p.m. The program is located at 3900 Probus Road, in the Northridge Crossing. ■

RSVP VOLUNTEER OF THE MONTH: STERLING

Sterling King serves as an RSVP Mobile Meals Volunteer 50+ hours a month! He is there every day to load coolers and cars for the day's meal deliveries, and then volunteers to drive a meal route himself.

Sterling also serves as a SCAN Volunteer, conducting safety checks for county seniors.

Sterling is just one of over 100 volunteers making Mobile Meals successful day after day. If you would like to help by delivering a meal to a homebound senior in need, please contact Eden Slater at (865) 524-2786 or eden.slater@knoxseniors.org. ■



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



Holiday closings: The Office on Aging, CAC administrative offices, O'Connor Senior Center, and all Senior Nutrition Program dining rooms will be closed for **Memorial Day, on Monday, May 29**. Mobile Meals participants will receive a boxed lunch for that day.

The Mobile Meals Program serves 900+ seniors a fresh hot meal, 5 days a week. It takes 100+ volunteers to serve meals each day. Volunteers not only deliver a nutritious meal, they also conduct a safety check, and may be the only person that

senior sees all day long. Volunteers deliver all year long, even on Christmas Day!

Along with Mobile Meals, RSVP offers numerous opportunities throughout the community. RSVP is the nation's largest

network of volunteers age 55 and over. Here in Knox County, RSVP Volunteers assist with everything from delivering meals, to conducting safety checks for homebound seniors, to driving seniors to appointments, to helping out at Ijams Nature Center, to office assistance, to serving with local senior centers. There are countless ways to get involved!



"Volunteerism is currency that appreciates."
~Susan J. Ellis

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

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

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knox00a@knoxseniors.org • www.knoxseniors.org



3RD ANNUAL

Senior Services Day at the Smokies Stadium

Benefiting Local Senior Services



Tennessee
Smokies



Jacksonville
Jumbo Shrimp

FRIDAY, MAY 5TH, 2017

Tennessee Smokies Stadium

3540 Line Drive, Kodak, TN 37764
Game time: 7 pm (Gates open at 6 pm)

\$12 Field
Level
Ticket

\$17 Field Level ticket
+ \$6 stadium cash
OR Smokies cap

\$22 Field Level Ticket
+ \$6 stadium cash
AND Smokies cap

For discounted tickets, call (865) 286-2300 or purchase online at smokiesbaseball.com. Be sure to enter the special offer code "Knoxsc" when purchasing tickets online to gain access to exclusive discounts and to make sure a portion of your purchase benefits your local area senior services.

OFFICE ON AGING

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ELDER NEWS & VIEWS

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

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HANGING UP ON A SCAM

What would you do if the IRS suddenly called you to demand immediate payment for back taxes? How would you respond? Hopefully you would realize that this is a scam. Millions of people fall victim to scams every year. In the U.S., over \$700 billion was reported lost to fraud in 2016 according to the FTC. With scam tactics changing every day, it's important to stay vigilant to protect ourselves.

Knoxville-Knox County
KCOA
COUNCIL ON AGING

JUNE MEETING

Date: Thursday, June 8
Time: 2:30 p.m.
Place: O'Connor Center
611 Winona St.

Mark your calendar and join **Cynthia Wiel** and **Lindsey Balthrop** from the Tennessee Department of Commerce and Insurance- Division of Consumer Affairs, at the Council

on Aging meeting on **June 8 at 2:30 p.m.** for a discussion of latest scams affecting older adults, and tips to prevent becoming a victim. Come early to visit information tables with pertinent materials to



protect you and others in our community.

The Tennessee Division of Consumer Affairs is devoted to protecting consumers against unfair and deceptive business practices. ■