

# Elder News & Views

Knoxville-Knox County Office on Aging

September 2007

## Aging: A Family Affair Offers Practical Advice For Seniors & Caregivers, October 11

Health care, seniors' legal issues, and caregiving concerns are just some of the subjects to be covered in the Office on Aging's annual fall workshop, **Aging: A Family Affair**. The 23rd annual workshop will be offered on **Thursday, October 11**, at Second Presbyterian Church, 2829 Kingston Pike, from 8:00 a.m. to 3:45 p.m. The daylong workshop provides useful information on a variety of topics for caregivers, seniors, and aging network professionals. The cost for the day is \$30, including continental breakfast, lunch, an exhibitors' fair, and materials. Many thanks to Covenant Health, St. Mary's Health System, and the *Knoxville News Sentinel*, whose sponsorship helps keep the cost of Aging: A Family Affair low.

**Registration starts at 8:00 a.m.** The general session (keynote) begins at 9:00 a.m., and the first workshop

session begins at 10:15 a.m. Be sure to arrive early to enjoy the continental breakfast and the exhibitors' fair before the keynote address begins.

### General Session

The *Peggy Wirtz Keynote Address* was named in honor of the workshop's founder and longtime coordinator, who retired from the Office on Aging in 2003. "When she was at the office, Peggy was also a caregiver for five seniors in her family," said Barbara Monty, director of the Office on Aging. "She understood the stresses and joys of caregiving, which gave her a desire to provide caregivers with the information that would equip them to meet the demands of the task. We are especially pleased that this year, for the *Peggy Wirtz Keynote Address*, we were able to get Peggy's sister Pat Livingston—an award-winning author and inspirational speaker—as our keynote speaker."

Livingston says of her talk, *Creative Nostalgia*, "Looking back at the past can stir up longing for irrevocable moments with beloved people and places and circumstances. But looking back can also evoke a creative energy for the present. We can find strength and goodness in the past to give us courage and resources for the present. We can remember dangers that did not destroy us, hard times that brought us blessing, love that is alive in us still. In *Creative Nostalgia*, we will look at key facets of our past that can bring us to deeper life right now."

In addition to the keynote address, nine workshops are offered in

three sessions; participants attend one workshop per session.

### First Session

Most older adults want to stay at home and not go into a facility, but for some seniors, a nursing home is the best place to be—for their own health and the health of their caregivers. It is harder to get into a nursing home than most people suspect. In *Nursing Home "Prep Talk": What You Need to Know Before Admission*, Cindy Troyer, a lawyer with the Legal Assistance for the Elderly and the Long Term Care Ombudsman programs, will discuss what seniors and their families need to do to prepare—financially, practically, and emotionally—for a nursing home placement.

In *Getting the Most of Your Medicines*, Mary Ellen Cox, a pharmacist at the University of Tennessee Medical Center, will discuss the best ways to get the greatest benefits from the medications you take.

The mountains of East Tennessee used to be known for their clear, fresh air. Now, the area has a reputation for air pollution, making breathing difficult for everyone, especially those with respiratory problems. In *Take a Deep Breath: Local Air Quality and Your Lungs*, Dr. Paul Banick, a pulmonologist, will talk about how seniors with breathing problems can cope with local air quality.

### Second Session

In Delaware, it is illegal to get married on a dare. In landlocked Kansas, it is illegal to hunt whales,

*(Continued on page 2)*

### Aging: A Family Affair Registration Information

**Date:** Thursday, October 11

**Time:** 8:00 a.m. to 3:45 p.m.

**Place:** Second Presbyterian Church  
2829 Kingston Pike

**Cost:** \$30

**Preregistration deadline:**

Friday, October 5

Preregister by sending in the form on page 2. Preregistration is not required but is recommended to ensure getting a lunch.

**Call 524-2786 if you need  
more information.**

## Aging: A Family Affair, October 11

*(Continued from page 1)*

whereas in our own state, it is against the law to shoot any game *other* than whales from a moving automobile. We've all heard of crazy laws that have been on the books in every state (most of the laws cited above have been repealed).

But what are some of the "crazy" laws that affect seniors? These are not absurd laws like the examples above, but perhaps complex and confusing laws that the average person needs help in deciphering. In "Crazy" Things in the Law that Affect Seniors, Kelly Guyton Frère, a certified elder law attorney, will be on hand to walk seniors and caregivers through the maze of laws that can have a serious affect on their lives.

Life is stressful—life as a caregiver is even more stressful. More than one-third of adults over the age of 65 fall each year. Take a moment to relax and find balance in your life in *Tai Chi: Gentle Movements, Quiet Moments*. A speaker from the Taoist Tai Chi Society of Knoxville will introduce attendees to the gentle exercise and peaceful art of Tai Chi.

When you go to the doctor's office, you may have noticed that the doctor seems to have less and less

time to spend with you. To get the best care, you must learn how to communicate effectively and cooperatively with your doctor in a very short period of time. Cassie Gibbs, M.D., internal medicine and geriatric medicine, discusses this in *I'm the M.D., Talk to Me*.

### Third Session

In the final workshop session of the day, Doris Martinson, a certified archivist and manager of the Knox County Archives at the East Tennessee Historical Center, will discuss *Roots, Trees, and Family*, for those interested in tracing their roots.

Many people think of hospice as care for the dying, but anyone who has had experience with hospice care knows that hospice brings compassionate care, experience, and a celebration of life that benefits not only the patient but the entire family. In *The Hospice Experience: It's About Living*, nurses Ann Mountain and Ellen Weaver, clinic managers at Covenant Hospice and Homecare, will talk about what hospice can do to help patients and families to live as fully as possible to the end of their days.

We're all well aware of the dangers of identity theft and have taken

precautions to guard ourselves against it, right? When we speak of identity theft, we are usually talking about our financial identity. There is another kind of "information crime" that can be even more harmful to us than having our financial information stolen: medical identity theft. In *The Information Crime that Affects Your Health: Medical ID Theft*, Tish Breeding, a compliance officer at Covenant Health, will explain what medical ID theft is and how you can protect yourself against it.

To register for Aging: A Family Affair, clip out the form below and send it with your payment to the Office on Aging, or call 524-2786 and request a brochure.

The workshop will feature a fitness component that was introduced last year and was very popular. Just after lunch, and before the second part of the workshop swings back into session, anyone who would like to get a little exercise will be encouraged to join Nicole Yarbrough from St. Mary's Health & Fitness Center for a brisk 15-minute walk around the grounds of the church, weather permitting. Wear or bring comfortable shoes if you plan to participate in the walk. ❖

# Aging

A Family Affair 2007

Cost: \$30. Make checks payable to the Knox County Office on Aging and mail to:

Knox County  
Office on Aging  
P.O. Box 51650  
Knoxville TN 37950-1650

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Check the workshop that you plan to attend in each session:

**Session 1: 10:15 a.m.**

- Nursing Home Prep Talk
- Take a Deep Breath
- Medicines

**Session 2: 12:30 p.m.**

- "Crazy" Laws
- Tai Chi
- I'm the M.D.

**Session 3: 2:00 p.m.**

- Roots, Family
- Hospice
- Medical ID Theft

Do you have special needs? Please let us know.

- Interpreter for deaf
- Large-print handouts for low vision
- Sighted guide



## More Senior Companions Are Needed in Our Community

It costs just \$16 a day—\$320 a month—to provide four hours of Senior Companion respite service to *five* people in need. Would you pay \$16 a day to enable your grandmother to stay in her beloved home with the assistance of a Senior Companion? Would you help your neighbor in need?

The Senior Companion Program (SCP) has a long waiting list of individuals who need help and support, but because of recent funding cuts, SCP is not able to meet their needs. Following are examples of some of the referrals SCP receives every day. (Names have been changed, as have some of the identifying details, but the situations described are real.)

Mrs. Childers, a 73-year-old cancer patient, lives with her niece, Jennifer, who takes care of her. Jennifer, a single mom with 8-year-old twins, works full time and also takes care of her mother, who is blind. Jennifer is an overtaxed caregiver who could use a little respite from her caregiving duties.

Naomi Wyatt, age 79, is bedfast and has diabetes, Alzheimer's disease, congestive heart disease, respiratory problems, edema, high blood pressure, and a catheter. Not surprisingly, she also suffers from depression. Her daughter, Ruth, lives with Mrs. Wyatt and takes care of her as best she can, but Ruth is herself in a wheelchair and has diabetes, wounds that won't heal, arthritis, and high blood pressure. Ruth is also on medication for chronic mental illness and feels the stress of her role.

Charlie Roberts, age 92, takes care of his wife, Thelma Roberts, 91, as best as he can. She is in the final stages of Alzheimer's disease and requires constant care. Mr. Roberts had a stroke a few months ago and has been unable to read or write since then. He is also unsteady on

his feet and has fallen six times in the last seven months. He has had to call the fire department several times to help him get back up.

"These are just a few of the many, many stories we come across every day in the Senior Companion Program," said Dianne Rauhuff, manager of the program. "It is heartbreaking, seeing the situations people are in, wanting to help, but knowing, realistically, that we are going to have to add them to the growing list of people waiting for a Companion."

"Companions help frail seniors remain in their homes as long as possible and still maintain their independence and dignity," Rauhuff said. One of the features of the Senior Companion Program that makes it unique is that it uses seniors to help seniors. Because the volunteers are seniors themselves, they often share similar backgrounds, experience, and history with their clients, helping them forge a bond that would simply not be there with a younger person. The Companions say they get as much from the program as the people they serve do.

Another thing that makes the program unique is that its federal funding requires that seniors receiving help are not asked to pay for the service. Contributions are welcome, but most of the individuals served exist on very low incomes.

SCP gets new requests every day, but recent funding cuts mean that the program is unable to serve as many seniors now as it did even a year ago. The program currently has about 100 Senior Companions serving 215 clients. These numbers are down from 128 Companions serving 256 clients just one year ago.

"We could easily add 20 Companions to the program right now—if we had the funding—and we could keep them busy," Rauhuff said. ♦

### *Respite Volunteers Help Stressed Caregivers*

In an effort to reduce the demand on Senior Companions, the Office on Aging started the Volunteer Respite program to help overtaxed caregivers. Whereas SCP is a federal program with eligibility requirements for the people who serve as Companions, there are no eligibility requirements for respite volunteers.

The responsibility of caring for a loved one can be almost overwhelming, no matter how much love and dedication is involved. A few hours a week to get away can mean all the difference to a caregiver who needs a break.

#### **Imagine what it means to be *unable***

- ♦ to take a nap,
- ♦ to go shopping,
- ♦ to get a haircut,
- ♦ to go to the doctor, or
- ♦ to visit a friend

because you are responsible for the full-time care of a person who cannot be left alone.

Just a few hours of a volunteer's time makes it possible for a caregiver to relax and be refreshed without worrying about their loved one. Research shows that caregivers who get some respite remain far healthier than those who get little or no relief.

#### **Respite volunteers**

- ♦ are responsible, caring adults
- ♦ commit at least four hours a month to volunteer
- ♦ are any age and income level
- ♦ receive mileage reimbursement and liability insurance
- ♦ receive training and are matched with a caregiver and frail senior who need their help. ♦

**A Volunteer Respite training session will be held in September. Call the Senior Companion Program at 524-2786.**

## RSVP Volunteers Rescue Abandoned Mural

The Retired & Senior Volunteer Program (RSVP) takes an inventory of volunteers' skills and interests and then matches them up with the volunteer opportunities that are best suited to them.

That's exactly what happened when RSVP volunteer June Pryor, who teaches art at Northgate Terrace Apartments, used her love of painting and teaching to not only finish a mural for Northside Christian Church but also used it as a teaching experience for two of her students.

Pryor (at far right in photo) wanted to teach her students, Peggy Ford (far left) and Gail Lewis (center) some new painting techniques. The six-foot by 12-foot mural pictured here had been drawn on the wall of the church years ago by a high school student who was a member of the church. The drawing remained untouched for several years, and finally, church members were going to wash it off the wall. That's when Pryor stepped in and rescued the project by volunteering herself and her students to paint the drawing in. It took them seven days to complete the painting. Pryor said it was a challenging but rewarding project for her and her students.



How could you be using your talents to find rewarding experiences, serve your community, and leave a lasting legacy? Call RSVP at 524-2786 to find out more about how your unique skills, experiences, and interests can be put to use as an RSVP volunteer. ❖

## SCIRS Manager Earns Double Certification

If you have ever called Senior Citizens Information & Referral Service (SCIRS), you know that they have the answer to almost any question about services for seniors in Knox County. If you haven't used the service, you should avail yourself of that opportunity any time you need senior-related information (546-6262).

Sharon Russell, manager of SCIRS, has recently passed the test and met other criteria to become a certified resource specialist. Russell has been manager of SCIRS since shortly after it became a part of the Office on Aging three years ago. Last year she became a certified information & referral specialist with a specialty in aging, which involved taking a longer and more intensive test.

Russell's certification comes from the Alliance of Information & Referral Systems (AIRS), a professional association of more than 1,200 information & referral (I&R) providers in the U.S. and Canada. I&R is a specialized field that is growing as both services and technology expand and the amount of information to be managed increases. The area of aging I&R is a particularly fast-growing field.

Russell is one of the few individuals to hold AIRS certification as both an I&R and a resource specialist. She has also been elected as president of TNAIRS (Tennessee Alliance of Information & Referral Systems) for 2007-2008.

"SCIRS has always been an excellent resource, and Sharon has enhanced the program's quality and professionalism through her dedication to training herself and her staff to provide the best I&R possible to the seniors of Knox County," said Barbara Monty, director of the Office on Aging. "We are very proud of her and her staff." ❖

## Get Elder News & Views In Color

To see the above photo of the mural painted by RSVP volunteers in full color, check out *Elder News & Views* online at [www.knoxcac.org](http://www.knoxcac.org).

There are many benefits to receiving the newsletter electronically: it's available earlier than the paper copy, it's in color, and you can still print out any pages you want. It also helps the Office on Aging save money.

If you'd be willing to receive the newsletter electronically and cancel your mail subscription, please e-mail [knox00a@knoxcac.org](mailto:knox00a@knoxcac.org).

Another way you can help the Office on Aging is to give just \$4 a year to cover the cost of printing and mailing your copy.

Send checks to:  
Knoxville-Knox County  
Office on Aging  
P.O. Box 51650  
Knoxville TN 37950-1650

**524-2786**

# O'Connor Senior Center September Schedule

The Center will be **CLOSED** on the following day:  
**Monday, September 3, Labor Day**

## SEPTEMBER SPECIAL EVENTS

**Exceptional Tours Harrah's Trip**, Tuesday, Sept. 4. Leaves O'Connor at 8:00 am. Cost: \$28; lunch on your own. Each person will receive a \$20 voucher from Harrah's to play the machines. Call Jim or Frankie Hicks at 525-1475 for more information.

**Taoist Tai Chi**, Tuesdays & Thursdays, starting on Sept. 4, 9:00 am. A one-time membership fee of \$20 covers a lifetime membership to the Taoist Tai Chi organization, and each member receives a free T-shirt. A monthly fee of \$10 covers all the classes held that month. Call 523-1135 to register.

**Wine Educational Classes**, Tuesday evenings Sept. 4 & 25 at 5:30 pm. Christine Hawks of the Wine Society of East Tennessee will be offering this series of wine education classes. This will be a four-class series that will run through October. Cost: \$30/single and \$50/couple. Call 523-1135 to register.

**Daytime Ballroom Dance Classes**, Wednesday, Sept. 5 at 1:30 pm. Classes will run for 10 weeks. Instructors: Jack & Jin Gaston. Cost: \$50/couple or \$30/single. Please call 523-1135 to register.

**Seniors for Creative Learning**, Thursday, Sept. 6 at 12:30 pm. Semiannual "Members Only" BBQ and entertainment. Fall courses will begin the following Tuesday and Thursday. Please call 974-0150 for a brochure or to register for classes.

**Evening Ballroom Dance Classes**, Mondays, starting on Sept. 10. Class runs for 6 weeks, from 7:00-8:30 pm. Instructors: Charlie & Jeanette Stevens. Cost: \$50/couple or \$30/single. Please call 523-1135 to register.

**Estate Planning in Tennessee**, Tuesday, Sept. 18, at 5:30 pm. Attorney Anne McKinney, P.C., will give a presentation on estate planning. Invite your children or others who need to attend this presentation with you. Anne is a delight and explains the Tennessee laws regarding estates and wills clearly. Questions & answers to follow her presentation. The latest edition of Anne McKinney's *Estate Planning in Tennessee* will be available on this night.

**Ask-A-Pharmacist**, Wednesday, Sept. 19, 10:00 am-12:00 noon. Opportunity for seniors to talk one-on-one in a private setting with a licensed pharmacist from Walgreen Drugs. No appointment needed.

**Fall Festival of Healthcare**, Friday, Sept. 28, 8:30 am-12:00 noon. Blood work available through Covenant Health, cost will vary, please fast for 12 hours. No appointment, first come first served. FREE screenings will include: blood sugar checks, pulmonary rehab assessments, cardiac rhythm, oxygen saturation, carotid screening, balance testing, foot & ankle assessment, blood pressure checks, hearing screening, fall prevention, pharmacy questions answered, Accu-Chek, Diamedix Medical, SCAN, and Integral Health. Lots of good information about health care.

**Beginners' Line Dance Class**. Interested in learning how to line dance? Call 523-1135 to register. If there is enough interest in a beginners' class we will then set the day and time; each person registered will be notified. Instructor: Evelyn Suratt. Cost: \$2.

## SEPTEMBER PROGRAMS

**Center highlights below are listed alphabetically; event times are listed on the inside calendar.**

**50+ Cardio 3**, Mon., Wed., Fri. Low impact aerobic class. Level of intensity is increased to meet the needs of those who need a more strenuous workout. Participants must be able to go to the floor for some of the exercises. Cost: \$1/class.

**50+ Cardio 2**, Mon., Wed., Fri. Low impact, moderately intense aerobic class. During the cardio portion of the class, participants will move freely around the room. For the muscular resistance portion of the class, participants will use chairs. Cost: \$1/class.

**AARP Chapter #85 Board**, Wednesday, Sept. 5.

**AARP Chapter #85 Meeting**, Wednesday, Sept. 19.

**AARP Driver Safety Program**, Sept. 19 & 20. Please call Leo Holloway at 524-4577.

**Arthritis Foundation Exercise (PACE)**, Tuesdays & Thursdays. Program based on the People with Arthritis Can Exercise Program. Led by Nurse Claudia. Cost: \$1.

**BINGO at O'Connor**, Wednesdays at 1:30 pm. In order to have prizes for the games, we ask that each player bring a small prize.

**Birthday Party**, Wednesday, Sept. 26. Cake & ice cream will be provided by *Visiting Angels* and BINGO will be sponsored by Jeff Headrick and Associates.

**Bible Study Group "Seekers,"** Fridays. Asa Bishop, facilitator. Lectionary structure.

**Blood Glucose Check**, Thursdays. Cost: \$1.50/check. A 12-hour fast. Sponsored by Accu-Chek.

**For more information about any program, or to register for programs, contact us:**  
**(865) 523-1135 E-Mail: oconnor@knxcac.org 611 Winona Street, Knoxville TN**

**Blood Pressure Checks**, Monday-Friday, 11:00 am-12:00 pm. Tuesday checks provided by Priority Health-care Services.

**Camera Club**, Monday, Sept. 24. Get acquainted meeting. Bring your summer photographs made with a regular or digital camera for the group to enjoy and critique.

**Cards**, Thursdays. Informal card playing; open to all.

**Ceramics**, Mondays & Tuesdays, starting Sept. 10 & 11.

**Chew Crew**, Mondays. Sept. 3: Closed. Sept. 17: Cracker Barrel on Mall Road.

**Computer Classes**: Call 523-1135 for information regarding class times for September.

**Cooking with Dot**, Thursdays, Sept. 13 & 27.

**Creative Writer's Workshop**, Monday, Sept. 10 & 24. An uplifting time for writers and aspiring writers.

**Dance Club**, Friday, Sept. 14. Regular monthly meeting.

#### Dances:

**Advanced Line Dance**: Mondays, \$2 contribution.

**Friday night dances**: Sept. 14, 21, & 28.

**Saturday night dance**: Sept. 8.

**Tea Dance**, first Tuesday of the month.

**Diabetes Support Group**, Friday, Sept. 21. Topic: *Staying Healthy Through Immunizations*.

**Earth Science**, due to holiday, no September class.

**Exceptional Gift Shop**, features handcrafted items and collectibles made by seniors at the O'Connor Center.

**Financial Forum**, Monday, Sept. 17. Will be under new leadership of Jeff Headrick, local financial planner. Topic: *Expanding Investment Education for Seniors*.

**Flower Lovers**, Thursday, Sept. 6. Fair plans and designs. Panel discussion.

**French**, Tuesdays. Call for information.

**Garden Club**, Monday, Sept. 10. Topic: *Propagating New Plants*. Speaker: Buddy Cooper, freelance grower.

**Genealogy Research Group**, Wednesday, October 10.

**Greenhouse Workers**, Wednesdays, starting Sept. 5.

**Grief Support Group I**, Mondays. A six-week group focusing on developing healthy coping skills; understanding the grief process; working with feelings, fears, stress and anxiety. "Graduates" of this group will be invited to join the ongoing Grief Support Group.

**Grief Support Group II**, Mondays. Group for those dealing with hurt, grief, and loss.

**Happy Hikers**, Thursdays: Sept. 13: Frozen Head State Park; Sept. 20: Adair Park, minihike at 10:00 am; Sept. 27: Slave Falls/Pickett State Park.

**Knitting & Crocheting**, Thursdays, starting on Sept. 6.

**Legal Assistance**, Mondays, Sept. 17. Call 637-0484 to schedule an appointment for free legal services.

**Low Vision Support Group**, Monday, Sept. 17. Support group for folks with little or no vision.

**O'Connor "JAM" Sessions**, Fridays at 1:00 pm. Open invitation to all folks who play an instrument to come and sit in on an old-fashioned jam session.

**Party Bridge**, Monday through Wednesday. If interested call 523-1135 for more details.

**Pinochle**, Mondays. Suggested \$1 donation.

**Quilting**, Tuesdays. This group finishes quilt tops that have been put together but never quilted. Fellowship and instruction for those with any level of experience.

**Singing Seniors**, Tuesdays, starting on Sept. 11.

**Spanish**, Fridays. Classes available for beginners and more advanced students. Call for details and to sign up.

**Texas Hold 'Em Poker Club**, Wednesdays. For those who know how to play or would like to learn. Trade chips in for prizes. Cost: \$2.

**Toenail Clipping**, Tuesday, Sept. 11. Podiatrist Dr. Percer will be here that day. Cost: \$12. Call 523-1135 to register for an appointment.

**Travel Preview**, Monday, Sept. 24. Baptist Senior Services and Country Road Tours, Inc., will be here for their upcoming trips presentation.

**U.S. and Global Economy**, watch *Knoxville News-Sentinel* for meeting date.

**Water Aerobics**, Tuesdays & Thursdays. Cost: \$2.

**Weight Loss Support Group**, Wednesdays. A time to get together with others to learn, share and support one another in the weight-loss challenge.

**Woodcarving**, Fridays. Fellowship time with other woodcarvers (men and women); personal instruction for beginners.

## OFF-SITE PROGRAMS

### Halls - Christ United Methodist Church

Tuesdays and Thursdays, 10:15 am. Fitness class led by certified St. Mary's instructor. Cost: \$1/class.

### Mascot - Mascot Community Center

Tuesdays, Sept. 11: Tennessee Valley Fair. Join us for this day of senior fun activities at the St. Mary's tent. Sept. 25: Surprise program, followed by potluck lunch.

### StrawPlains Community, Lyons Creek Baptist Church

Fourth Thursday, 10:00 am. Monthly program and free blood pressure screenings.

## Appreciation

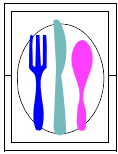
The participants, Board, and staff of the O'Connor Senior Center wish to thank the following people for their generous support, given in July 2007.

**Donations to Center:**  
O'Connor Quilters  
Jim & Frankie Hicks  
Holly Krause

**In Memory of Mary K. O'Connor**  
Gail Jones and Bill Gallaher

**In Memory of Fran Maddox**  
Happy Hikers

## ADOPT A SENIOR SPONSORS



In Mobile Meals' Adopt A Senior program, you can provide Mobile Meals for a month,

or more, for a homebound senior citizen for \$61.75 a month. Your contribution will be recognized in this list every month during your sponsorship. For information about Adopt A Senior, call the Senior Nutrition Program, 524-2786.

The following people and organizations adopted seniors in July 2007.

Barbara Abner  
American Wholesale  
Anonymous (3)  
Beaver Creek Cumberland Presbyterian Church, Searchers SS class  
Beverage Control customers  
Cheryl A. Brewer  
C.T. & Ida Carney  
Chick-fil-A (Turkey Creek) staff  
Church of the Savior United Church of Christ  
The Clayton Family Foundation  
Concord United Methodist Church, United Methodist Men  
East Tennessee Foundation, Pferrer-Liles Fund  
Farragut Presbyterian Church  
First Presbyterian Church, James Park SS Class  
Evelyn L. Fisher  
Judith Arleen Fleenor  
Sherrell & Rebecca Greene  
Mildred Gregg  
Holy Cross Anglican Church  
R. J. Hydzik  
Donna Jones  
Kiwanis Club of Norwood  
Lake Hills Presbyterian Church  
Marie Ledgerwood  
David & Mary Jane Lindholm  
Mr. & Mrs. James Lovell  
William & Violet Martin  
John & Sharon McRae  
Meridian Baptist Church  
Marie Norman  
Old Beverly Baptist Church  
WMU Fund  
Pilot Corporation Employees, Jeans Day  
Patty Richardson  
St. George Greek Orthodox Church, Philoptochos Society, Sts. Mary & Martha Chapter  
Second Presbyterian Church  
Frank & Faye Stockard  
Louis & Betty Thacker  
Joe and Elizabeth Thompson

Beryl Anita Tipton  
Mr. & Mrs. Bill Wallace  
Welcome Wagon  
Rasho & Myona Winget  
Mike & Gail Wood

**In Honor or In Memory of...**  
*In Honor of Charles Aarons*  
Dwight Aarons

*In Honor of Jeanne Armen*  
Brad Armen & Kay Palmateer

*In Memory of Ed Benton, Jr., Pat Scruggs, Will Ridenour, and James L. Marks, Jr.*  
James & Janice Benton

*In Memory of Charles & Martha Deatherage*  
John & Lucy Deatherage

*In Honor of Mr. & Mrs. James A. Haslam II, Mr. & Mrs. Fred Wallace, Mr. & Mrs. James F. Smith, Dr. & Mrs. Earl Keister, Mr. & Mrs. Henry Bertelkamp, Mr. & Mrs. Pat Scruggs, Mr. & Mrs. John Testerman, Mr. & Mrs. Jack Boyd, Mr. & Mrs. William Skaggs, Mrs. Robert Rinearson, Mr. & Mrs. Clyde Maynard, Mr. & Mrs. Dalton Townsend, Mr. & Mrs. Thomas Ayres, Mr. & Mrs. Lee Congleton, Mr. & Mrs. William Boone, Mr. & Mrs. Ed Ross, Mrs. Jane Buter, and In Memory of David McWhorter*  
Robert & Ruth Campbell

*In Honor of Irma P. Keith*  
Mike & Jenny Keith

*In Honor of James Lingo*  
Patricia Cowan

*In Honor of Charlotte Palmateer*  
Brad Armen & Kay Palmateer

*In Memory of Jane R. Savage*  
Lois E. Dickey

### ONE YEAR

*The following individuals and organizations have committed to providing Mobile Meals for a year for one or more seniors.*

**One senior for one year**  
All Saints Catholic Church  
Anonymous (11)  
Beaver Ridge United Methodist Church, Missions Committee  
Pete Biasella  
Earl Bishop  
Gerhard & Margaret Blombach  
Dr. Tara Burnette  
Rockford & Wanda Davis  
Farragut Rotary Club  
First Farragut United Methodist Church  
Geoquill Services, Inc.

Gloria Dei Lutheran Church, 50th anniversary offering  
Mary Gormley with matching gift from J.P. Morgan Chase Fdn.  
Harold & Nannie Greene  
Carl & Donna Hatmaker  
Mark & Sally Hester  
Gary & Kay Hicks  
Hop Bailey Co.  
Ron & Betty Jackson  
Ken & Barbara Monty  
Mt. Olive Baptist Church, Ruth class  
Gordon & Virginia Nelson  
Old North Knoxville, Inc.  
Mrs. Nancy M. Rodgers  
Rogers Memorial Baptist Church, Gerleter Harshaw Fund for the Needy  
Walmart Foundation  
Sue West

**In Honor or In Memory of...**

*In Honor of Bunny & Martha Bricchetto*

Hudson & Mary Topping  
*In Memory of Ted & Hazel Davis*  
Lois Long

*In Memory of Frances Downen*  
Keith Downen

*In Honor of Helen Eberenz*  
Wayne & Donna Eberenz

*In Memory of Mary M. Goodman*  
Margaret Goodman

*In Memory of James Gormley*  
Mary & Bridget Gormley

*In Memory of Mr. & Mrs. Randall Moody*  
Wanda Moody

*In Memory of George and Connie Neldner*

Dr. Tara Burnette

*In Memory of Esco & Prudie Norman*

Janice Norman

*In Memory of Ruth K. Rice*  
Nancy Rice Cochran

*In Memory of L. T. "Luke" Ross*  
Gwendolyn Ross

*In Honor of John Rowntree*  
Sam & Mary Anne Beall

*In Honor of Evelyn Silvus*  
Dave & Vim Silvus

*In Honor of Ravinder K. Sood*  
Maharaj & Margaret Sood

*In Honor of Marion Stout's 110th birthday*  
Eleanor Barker

**Two seniors for one year**  
Anonymous  
BWXT Day of Caring  
First Baptist Church,  
Pastoral SS class

Jimmy's Original Southern Pub  
Benefit Golf Tournament  
Thrivent Financial for Lutherans, Knox County TN Chapter  
Westminster Presbyterian Church

**Three seniors for one year**  
East TN Foundation, Packard Fund  
Mr. & Mrs. J.W. Lee  
West Knoxville Rotary Club

**In Honor or In Memory of...**  
*In Memory of Dr. Joseph K. Orr & Mrs. Elsie S. Gray*  
Murray & Tommy Ayres

**Four seniors for one year**  
Akima Club  
Chick-fil-A customers, Kingston Overlook & Turkey Creek

**Eight seniors for one year**  
Dr. & Mrs. Walter Beahm

**13 seniors for one year**  
James Brady Mason estate

**115 seniors for one year**  
United Way

**135 seniors for one year**  
Knox County Mayor and  
Knox County Commission

### Contribution Notes

We wish to thank all who give generously to Office on Aging programs.

❖ Both cash and in-kind contributions (donations of materials and services) are appreciated and recognized in the contributors' lists.

❖ Thanks to challenge grants given by two local foundations, donations to the Mobile Meals program will be doubled. For example, if you donate \$61.75—enough to feed one senior for a month—your gift will enable the program to deliver meals to one senior for two months.

❖ A donation to an Office on Aging program in honor or in memory of a loved one is the perfect way to pay tribute to a special person.

## Thanks to Our Contributors

The Office on Aging appreciates all who give so generously to its programs. Your contributions make a difference.

The following individuals and organizations gave in July 2007.

### Mobile Meals

Anonymous  
Colonial Heights United Methodist Church, J. Ray Stuart SS Class  
Oakwood Baptist Church, Homemakers class  
Ray & Barbara Rutherford

Smithwood Baptist Church,  
Joy class  
David & Carolyn Wells

*In Honor or In Memory of...*  
*In Honor of Bernadette McMillan*  
Mary Matlock

### Project LIVE

Bruce Bower  
Charlene DeRidder  
Margaret Avon

### Knox County CAC Transit

*In Honor or In Memory of...*  
*In Memory of John Kirchenstein*  
Barbara Monty



## Maximize Your Giving Through OOA Endowment Fund

Many thanks to Gerhard and Margaret Blombach for making a special gift to Mobile Meals that will keep on giving for many years, and even increase in value. The Blombachs made a contribution to the East Tennessee Foundation, specifying the Office on Aging Endowment Fund, and further designating Mobile Meals as the program to receive the benefit of their contribution.

In December 2006, the Office on Aging Endowment Fund was established to provide a way for donors to make a contribution that can provide a stable and reliable source of funding for years to come. The East Tennessee Foundation (ETF) administers and manages the fund.

Anyone can make a tax-deductible contribution (minimum \$100) to the fund and, if they wish, they can designate which of the Office on Aging (OOA) programs they want their donation to support.

ETF can accept all types of donations, including securities, real estate, and tangible personal property with a verifiable value. People can also leave a gift in their wills for the Office on Aging Endowment Fund, designating Mobile Meals, the O'Connor Senior Center, Senior Companion Program, or any of the Office on Aging services that they

want to support.

"The endowment fund is not meant to take the place of the Adopt a Senior program or any other fund-raising effort by OOA programs," said Barbara Monty, director of the Office on Aging. "We need all of the contributions we currently receive that help us to serve seniors who are right here, right now. But we also need to plan ahead, to think into the future, for our programs to still be there for future seniors. The endowment fund is just another tool through which people can help programs that they have volunteered for, have been served by, or have supported. In this way, they can set aside funds to help those programs plan for the long-term needs of the people in our community whom they serve."

Each year, the ETF will distribute a percentage of the fund to each of the designated Office on Aging programs. If no program is designated, the funds will be used to support whichever program is most in need at the time. We hope that the generous people of Knox County will increase the total funds in the endowment fund, making the annual distribution a significant resource to expand and enhance Office on Aging services to the seniors of Knox-

ville and Knox County.

Call the East Tennessee Foundation at 524-1223, or the Office on Aging at 524-2786, for more information about the endowment fund and how to make a contribution. ❖

### Programs of the Office on Aging

Any program of the Office on Aging can be designated to receive a gift from the Office on Aging Endowment Fund. The funds generated from any designated contribution will continue to go to the specified program.

Affordable Medicine Options for Seniors (AMOS)  
Computers for Homebound & Isolated Persons (CHIPS)  
Daily Living Center  
Foster Grandparent Program  
Gift of Sight, Hearing & Dentures  
Grandparents As Parents Program  
Knox County CAC Transit  
Knox PAWS  
Mobile Meals  
O'Connor Senior Center  
Project LIVE  
Retired & Senior Volunteer Program  
Senior Citizens Information & Referral Service  
Senior Companion Program  
Senior Employment Service

# 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 on **Monday, September 3, for Labor Day.**

Mobile Meals participants will receive a boxed lunch for the holiday.

seniors. The workshop meets on Wednesdays from 2:00 p.m. to 3:00 p.m. at the L. T. Ross Building, 2247 Western Avenue. The workshop is free but you must register by calling the Senior Employment Service at 524-2786.

day of most months at 3:00 p.m. at the L.T. Ross Building, 2247 Western Avenue. For more information, call the Office on Aging at 524-2786. At the **September 19** meeting, the group will hear about the Ben Atchley State Veterans' Home.



**Friends of Mobile Meals meet to talk about ways to promote the Mobile Meals program.** The group's goals are to increase public awareness, raise money, and recruit volunteers for the program. To be a friend, you need not be an expert, just someone who is interested in helping a good program be even better. There is no obligation to attend every meeting; we just need new ideas and fresh perspectives. The group meets on the first Wednesday of each month at 1:00 p.m. at the Mobile Meals Kitchen, 1747 Reynolds Street. The next meeting will be on **September 5.** Call Mobile Meals at 524-2786 for information.



**Fall Is Vol Time! Volunteering, that is.** Join hundreds of others volunteering in Knoxville and share your skills and talents with the community. RSVP (Retired & Senior Volunteer Program) can help you find just the right opportunity. RSVP also provides benefits: insurance while volunteering, travel, recognition, and other perks at your assignment.

**Tutor GED students** at the L. T. Ross Learning Center or become a *Reading Listener* at Maynard Elementary School. Orientation is in September.

**Are you organized?** Teach light housekeeping and organizational skills to small groups or one-on-one. This is a fascinating new project in north Knoxville— name your own hours.

Help two projects and hundred of clients with **light clerical skills** two to three hours a week (no telephone work).

Call RSVP at 524-2786 for details or for other available opportunities besides those listed here.



**The Family Caregiver Support Program's Caregiver Meetings** are for anyone of any age who is a caregiver for a senior citizen. The caregiver meeting is held on the second Tuesday of each month, from 5:30 p.m. to 7:00 p.m., at the L.T. Ross Building, 2247 Western Avenue. Each month there is an informational program of interest to caregivers. The next meeting is on **September 11.** Refreshments are served. Please call 524-2786 to register (not required).



**The Seniors Seeking Employment workshop helps seniors** who are entering or re-entering the job market. Sessions in the four-week workshop include attitude and first impressions, interviewing, skills assessment and resumes, and reasons for hiring the older worker. Guest speakers sometimes come to talk about employment issues relevant to



**The Interagency Council is made up of social services professionals who serve senior citizens.** The meetings allow these workers to network, to share information about new services and programs in the community, and to hear a speaker on a relevant topic. The meetings are held on the third Wednes-

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**Office on Aging Director:**  
Barbara Monty

**Editor:**  
Kathy Burke

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*O'Connor Senior Center Schedule, pages 5-8* ❖ *Office on Aging Endowment Fund, page 10*

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## Why Can't We Get the Medical Care We Want?

### Council on Aging meetings

**Date:** Thursday, September 13

**Time:** 2:00 p.m.

**Place:** O'Connor Senior Center,  
611 Winona Street

Most senior citizens are well aware that our country is facing a crisis in health-care costs and that employers and states alike are struggling to provide affordable health insurance.

According to the September speaker at the Council on Aging, Dr. John Hardwig, the usual suspects—doctors, lawyers, insurance companies, and drug companies—are not the main culprits in these crises. Hardwig, a professor and head of the philosophy department at the University of Tennessee Knoxville

(UTK), the real culprits are medical progress and better medicine! At the September Council on Aging meeting on Thursday, September 13, at 2:00 p.m. at the O'Connor Senior Center, 611 Winona Street, Dr. Hardwig will explain why usual solutions are not adequate and why society faces some very hard choices.

Dr. Hardwig received his Ph.D. from the University of Texas. Before coming to UTK in 2000, he taught for 18 years at East Tennessee State University, where he taught medical ethics in the College of Medicine at ETSU as well as philosophy. He has also taught at Wellesley College, Humboldt State University in California, and Maryville College. The son of a country doctor and a nurse, Hardwig has written about families and medical

decisions, about the responsibilities of patients at the end of life, and about the role of experts and teams in achieving new knowledge. His most recent book on the subject of end-of-life issues, *Is There a Duty to Die? & Other Essays in Bioethics*, was published by Routledge Press in 1999.

Each year, the Council on Aging takes the months of July and August off and then kicks off its new year in September, with new officers taking their positions. For those involved in the Council on Aging, September has that "back to school" feel to it, as we reconvene, talk about our summer activities, and look forward to another year of learning about senior services together. Please join us! Refreshments provided by Manorhouse Assisted Living. ❖