

# Elder News & Views

July/August 2010

## Aging 2010: Care for the Long Term: Making Informed Decisions

When the doctor says “your mother really can’t take care of herself anymore,” what do you do? How *do* you make the decision about where and how to get the support she needs?

In the program *Aging 2010: Care for the Long Term: Making Informed Decisions*, options will be presented to give you tools to make better choices. *Aging 2010* is the 10th in the Aging Millennium series sponsored by Mercy Health Partners and the Office on Aging. The program made its debut at the June Council on Aging meeting, and since then, a number of presentations have been given throughout the community, and more will be offered during July (see box).

“Home-and-community-based services” is the term used throughout the aging network to refer to the services that are provided in the community or in the home for seniors who wish to remain in their own homes rather than move to a facility. As in any industry, wheels are turning to improve and make long-term care more of what people truly need and want. During the Aging 2010 program, the current options will be reviewed and then there will be a discussion of some cutting-edge programs. ☀

### Aging 2010 Meeting Sites

Mercy Health Partners and the Office on Aging will offer the following *Aging 2010* presentations in Knox and surrounding counties in July. One of the meetings may have already come to your community in June. Mercy Health and the OOA will consider offering a presentation to your group if they are able to work it into the schedule. Call Mercy Health Partners at (865) 549-4653 for more information.

- ◆ **Monday, July 12**, 11:30 a.m., Larry Cox Recreation Center, 3109 Ocoee Trail, Knoxville
- ◆ **Thursday, July 15**, 10:30 a.m., Harrogate Senior Center
- ◆ **Friday, July 16**, 10 a.m., Jefferson City Community Center
- ◆ **Tuesday, July 20**, 10 a.m., Maynardville Senior Center
- ◆ **Wednesday, July 21**, 10 a.m., South Knoxville Comm. Center, 6729 Martel Lane
- ◆ **Thursday, July 22**, 11:30 a.m., Cocke County Senior Center
- ◆ **Tuesday, July 27**, 11:30 a.m., Castleton’s Ballroom, LaFollette
- ◆ **Thursday, July 29**, 12 noon, Loudon County Senior Center

## Tennessee Federation on Aging Convention, Aug. 31-Sept. 2

“Serving the HEART of Tennessee” is the theme of the Tennessee Federation for the Aging’s 42nd annual conference, to be held in Murfreesboro from Tuesday, August 31, to Thursday, September 2. The Tennessee Federation for the Aging (TFA) and Tennessee Association of Senior Centers (TASC) team up every year to host their combined convention. The convention this year will be held at the Embassy Suites Hotel and Convention Center in Murfreesboro and is open to professionals in the field of aging, senior center directors, and senior citizens themselves.

The convention will open on Tuesday with a keynote address. During the convention, there will be a track of workshops for aging professionals and another track for senior citizens. Workshops are offered on a wide variety of topics. The registration fee is \$175 for aging professionals (including senior center directors) who register before August 10, and \$200 for those who register after the 10th. Tuesday, Au-

gust 31, is Senior Day at the convention. Seniors (who are not aging professionals or senior center directors) can register for Senior Day only for just \$20, or for the entire three-day conference for only \$110. Registration fee includes all convention workshops, a luncheon on August 31, vendor fair, evening reception on September 1, and, for aging-network professionals, TFA and TASC dues. The cost of accommodations is not included in the registration fee.

For hotel reservations, call Embassy Suites at 1-800-560-7782 and use the code TFA to qualify for the convention group rate of \$119 single/double per night. The hotel is located at 1200 Conference Center Boulevard, Murfreesboro, Tennessee. If you’re planning to go, be sure to book your room soon.

The convention will play host to a vendor fair beginning at 10:00 a.m. on Tuesday, the first day of the event. A luncheon will be offered at 11:30 a.m. and seminars will begin at 2:00 p.m.

On Wednesday, September 1, seminars run from 8:00 a.m. to 4:30 p.m., followed by a reception from 5:30 p.m. to 7:00 p.m. On Thursday, the convention will conclude with an awards ceremony starting at 8:30 a.m., followed by a TASC business meeting and door prizes.

Topics for the workshops for aging-network professionals include what’s expected in governmental guidelines, the spirit of service, nutrition programs, senior centers and the reauthorization of the Older Americans Act, the future role of senior services, the Gift of Sight, Hearing, and Dentures program, and much more. Senior Day topics include travel, a performance of *Elderspeak* by the O’Connor Senior Center’s Silver Stage Players and a discussion of ageism in language, senior fitness programs, downsizing, road safety, home modifications, a fashion show, and more.

For more information about the convention, call the TFA at 615-563-5304 or e-mail [ccsc3@dtccom.net](mailto:ccsc3@dtccom.net). ☀

## Grandparents as Parents Program Celebrates 10 Years of Service

More than 10 years ago, the CAC Office on Aging became aware that increasing numbers of grandparents were raising their grandchildren with few services available to them. The office quickly acted to fill the “gap” by providing access to needed community resources through the **Grandparents as Parents Program (GAPP)**, creating the first program in Tennessee to recognize the unique needs of grandparents and relatives who were “parenting again,” providing safety and security for children whose parents were unable to care for them. The Office on Aging obtained a “seed” grant to start GAPP from the Brookdale Foundation of New York, the same foundation that had also helped AARP establish a nationwide Grandparent Information Center (GIC).

While grandparents have traditionally played an important role in raising grandchildren (with even George and Martha Washington having raised grandchildren), we were seeing a phenomenal new increase in “grandfamilies.” The need for grandparents to step in to provide care and stability was often the result of parental addiction, family violence, abuse and neglect, mental illness, or the incarceration or death of a

parent. Yet, the 2000 census was the first time grandparents and relatives who were parenting children were asked specific questions about their intergenerational families.

During a “Grand Carnival” at the O’Connor Senior Center on August 9, 2000, to announce the creation of the new program, 11 families joined that day. One of the first services established was the *Grandparent to Grandparent* support meeting. At the first meeting, held on August 29, 2000, information was provided by representatives from Legal Aid of East Tennessee, the Knox County Health Department, and the Knox County Schools Family Resource Center, all of which continue to assist the program today. Just five grandparents attended that first meeting, but now more than 250 individual grandparents have attended support meetings nearly 1,700 times, for information, companionship, and encouragement.

During the *Grandparent to Parent* meetings, diverse topics including nutrition, health, stress, school problems, child support, behavior issues, mental illness, bullying, loss and grief, and legal problems have been discussed with community members who share their expertise and ex-

perience with grandparents. GAPP services have included referrals to community resources for financial assistance, parenting again, benefits, physical and mental health services, housing, and more. More than 400 families are currently members of the program, and more than 550 grandparent and relative caregiver families have received assistance through the GAPP since 2000.

In 2007, in response to caregiver needs, GAPP created a Volunteer Advocacy Corps of trained volunteers to assist grandparents to navigate the often confusing and challenging process of seeking custody for at-risk grandchildren and to participate in the Individual Education Plan for grandchildren in school. Grandparents and relative caregivers often find they need “legal status” to enroll children in school, or to access needed medical care when parents are not available. With an increasing demand for help and information needed by grandparents during family crises, a new class of eight Volunteer Advocates has now completed their training and are ready to assist and mentor grandparents.

For more information, call the Grandparents as Parents Program at 524-2786. ☺

## A Legacy Remembered; A Time to Think of Your Own Legacy

Earl Bishop, a longtime supporter and advocate of the Office on Aging and the O’Connor Senior Center, died on March 24, 2010, at the age of 95. Everyone who knew Earl remembers him as a true gentleman who was devoted to his family and friends and to the causes he cared about.

For many years, Earl was an active member of the Council on Aging and he served on the executive committee of that advisory group to the Office on Aging many times over the years. His wisdom and patience were always appreciated on the executive committee and the council.

Earl, who had retired from TVA, was an active member of the O’Connor Senior Center. He learned to dance by attending classes there, and after that became an avid attendee of the dances held at the Center. He also participated in many of the Center’s other activities.

Bishop had a passion for seniors who were on low, fixed incomes, and particularly for those who were suffering from poor nutrition

because they were unable to prepare meals for themselves. He was an ardent and generous supporter of the Mobile Meals program.

In May 1998 the Office on Aging started the Adopt A Senior program in May 1998 to help community donors to see in a concrete sense where their donations were going and that a relatively small amount of money goes a long way in providing health, nutrition, and independence to vulnerable seniors. Earl was so enthusiastic about the new giving campaign that he wanted to be sure to be its first benefactor. As soon as he heard about the program at a meeting of the executive committee of the Council on Aging, he wrote a check and personally handed it to Office on Aging Director Barbara Monty. From the inception of the program at that time until his death in March, Earl continued to be a regular and generous donor to the Mobile Meals Adopt A Senior campaign.

The Office on Aging wishes to acknowledge Earl for his many years of committed service on

the Council on Aging and for his genuine interest in and generosity toward all the Office on Aging programs and particularly to Mobile Meals. Through purposeful estate planning, Earl left a legacy of generosity to programs of the Office on Aging that was born of a deep compassion toward seniors in the community and especially toward those in need. ☺

**Have you ever thought about your own legacy?** How will you be remembered? Do you have a cause that you stand behind and support? Do people know you as a compassionate, caring, and generous person who gives back to your community?

**Think about it.** If any program of the Office on Aging especially touches your heart or has served you or your family, we would be honored to be part of your legacy. **The Office on Aging has an Endowment Fund** that can help you plan how you would like to remember its programs in your will. Call us at 865-524-2786 for more information about how you can give or get involved.

## Save These Dates!

The 6<sup>th</sup> Annual O'Connor Open Golf Tournament will be held on **September 17 at Three Ridges Golf Course**. This event is a major fundraiser for the O'Connor Senior Center and all funds raised are used to support and enhance programs that the Center provides for Knox County residents 55 and older.

Please take this opportunity to support the Center while enjoying a great day of golf. The day will begin with breakfast at 7:30 a.m. and an 8:30 a.m. tee time. Lunch and presentation of awards and door prizes will follow the completion of play. Registration fees include breakfast, lunch, refreshment cart, and a packed "goody" bag. Register your team now by calling 523-1135 and requesting registration forms and learn about the various levels of sponsorship opportunities.

Learn more about alternative and innovative options for long-term care as well as other practical information related to aging at ***Aging: A Family Affair 2010***. This annual Office on Aging workshop will be held on **Thursday, November 4, 8:00 a.m. to 3:45 p.m.**, at Second Presbyterian Church, 2829 Kingston Pike, Knoxville. The cost to register is \$30. For more information, call 865-524-2786. There will be an article on the full program next issue.

**Knoxville Station Transit Center**, the new home for Knoxville Area Transit (KAT), is scheduled to open on Monday, August 16; the first bus will roll out at 6:15 a.m. **The public is invited to tour the new facility at an Open House on Saturday, August 14**, from 10 a.m. until 4 p.m.

This state-of-the-art, LEED (Leadership in Energy and Environmental Design)-certified facility, located at 301 Church Avenue in downtown Knoxville, will offer transit riders a climate-controlled waiting area—a vast improvement over the current downtown bus transfer point. In addition, a vending area is available in the lobby for passengers waiting for a bus to arrive.

The customer service counter, located in the climate-controlled waiting area, will provide a central location for passengers to purchase passes, get route information, have photo IDs made, or have other transit-related questions answered by KAT's customer service staff. Never ridden the bus before? You'll be able to take advantage of one of KAT's regularly scheduled "how to ride" training classes, which will be held in the Training Room at the new facility and cover many topics for new riders.

Knoxville Station has many energy-efficient and environmentally friendly features, including geothermal heating and cooling, a green roof, solar panels, and a pedestrian walkway that will make walking to and from the transit center safe and enjoyable.

## You Can Sponsor the Senior Service Directory

The Office on Aging is working on the 17th edition of the *Senior Service Directory*. The Office on Aging relies on community support to print as many copies as possible of this popular and useful resource book for senior citizens and family and professional caregivers.

Thanks to the generous support of our 16th edition sponsors, we were able to print 50,000 copies. More than three-quarters of those were distributed within the first year of the book's two-year run.

A message in the directory is a perfect way for your organization to reach the mature market in our community with information about your products or services.

Your organization can have a message in the directory for as little as \$620. Sponsors are recognized on the back cover of the directory. For information about sponsoring the directory, call Barbara Monty or Marie Alcorn at 524-2786. Contributions of *any* size are welcome.

The 17th edition will be going to the printer in January 2011, with distribution planned for early spring. The Office on Aging's goal is to print 50,000 copies of the directory and to welcome as many new sponsors as possible. ☀

## Medicare Part D "Donut Hole" Is Different This Year

It's a fact: The infamous gap in Medicare prescription drug insurance known as the "Donut Hole" isn't quite as bad this year. Medicare Part D participants who need to buy \$2,830 worth of medicines this year will be sent a check by Medicare for \$250. (With one exception: Those who already receive the Extra Help subsidy are not eligible for the rebate.)

The beneficiary does not apply for the rebate. Instead, the insurance company automatically notifies Medicare that the member has reached the Donut Hole. Checks are sent by U.S. mail to the address Medicare has on record for the beneficiary. This change in Part D is a provision of the new health care reform law (the Patient Protection and Affordable Care Act) and is the first of a series of changes that will, step by step, close the Donut Hole by 2020.

Obviously, \$250 won't buy much medicine, and most people who hit the Donut Hole will still have the ordeal of getting their medicines somehow or other. The Affordable Medicine Options for Seniors (AMOS) program at the Knoxville-Knox County CAC Office on Aging will continue to advise Medicare beneficiaries and families on how best to obtain their medicines all year long.

For most people who need many medicines but cannot afford to pay their way through the Donut Hole to the Part D Cata-

strophic Coverage, the most effective strategy will be a combination of free brand-name medicines from the manufacturers, discounts, selective use of Part D.

There are no strings attached to the rebate. A beneficiary can spend the money on anything he or she wants. Nevertheless, AMOS recommends using the money for its intended purpose—to pay for medicines or other health-care expenses.

The first rebate checks will be mailed in mid-June to everyone who reached the Donut Hole before April 1, 2010. Thereafter, checks will be mailed each month to people as they reach the Donut Hole.

The \$250 is a one-time benefit. Next year, Part D beneficiaries will be helped through the Donut Hole by a 50-percent discount on Medicare-covered brand-name medicines and, potentially, a small discount on generics. How big the benefit turns out to be, of course, depends on how much medicine prices rise in the next few months.

It's still important to note that thousands of Part D beneficiaries are eligible for—but not receiving—the Extra Help from the federal government. AMOS is eager to assist people to apply for this financial assistance. Beneficiaries and families wanting information or detailed, personalized advising about Part D or other aspects of Medicare should call AMOS at (865) 524-2786.

AMOS is a free service. ☀

## Summer Is the Season for Home-Repair Scams

Summer is a great time for relaxing and perhaps even taking a vacation or two. One group of people who never take time off and never slow down to take a vacation are con artists, or scam artists (known to your local law enforcement officers simply as “criminals”). They seem to become even more active during the long days of summer.

The Knox County CAC Office on Aging is warning senior citizens to be aware of the possibility of scam artists attempting to fleece them out their money, especially as the weather gets warmer and home repair schemes become more common.

“For the elderly, losing the fruits of a lifetime’s labor can be devastating,” said Barbara Monty, director of the Office on Aging. “Financial crimes can strip away a victim’s independence, security, and dignity. These crimes destroy legacies, and may lead to depression, hopelessness, and despair. To the seniors who have lost their life savings, financial crimes are no less devastating than violent crimes,” Monty said.

Justin Ray “Larry” White, a convicted con man, tells his story:

“By age 13, I was working the road with my father.” White explains that he was raised as a “Traveler”—a nationwide band of con artists who look for unsuspecting homeowners. The

elderly are a prime target of Travelers, who, White said, often intimidate seniors into paying excessive prices for substandard work.

The con man said that there are certain things for seniors to watch out for. White said that Travelers target the elderly because they are trusting and, in many cases, lonely. **“What I would suggest to all senior citizens is to never hire anyone who shows up on your doorstep to do work for you. They are there to steal your money,” White said.** “Another thing I would suggest is to buy a few toys and put them around in your front yard—like a tricycle, basketball, etc.—so it doesn’t look like old people live there. It’s enough to throw a Traveler off.”

Con artists will show up at a victim’s home and offer a great deal, saying that they just finished a job in the neighborhood and have some extra material left over. Initially, they will appear to be friendly. However, once they have started their “work,” they will often use defective materials, usually change the size and price of the job, and demand to be paid in cash. When the property owner protests, the con artists often become very demanding and intimidating.

Legal Aid of East Tennessee, 637-0484, will look over home-repair contracts free for seniors. It is best to take this precautionary step before signing or paying for anything. For more

on scams and how to avoid being scammed, read the *Don’t Fall for a Scam...* box below and watch for more scam tips in upcoming issues of *Elder News & Views*. ☀

### Important Numbers To Help You Avoid Scams

#### To learn more about a company before you hire them:

Business Tax Offices  
Knoxville: 215-2083  
Knox County: 215-2392  
Better Business Bureau: 692-1600  
Tennessee Division of Consumer Affairs:  
1-800-342-8385

#### To report a scam:

Knoxville Police: 215-7450  
Knox County Sheriff: 215-2444

#### For information about scams:

Crime Prevention Bureaus:  
Knoxville: 215-8633  
Knox County: 215-5633

#### To review a contract before you sign it:

Legal Aid of East TN: 637-0484

#### For general information:

Senior Citizens Information & Referral  
Service: 546-6262

### One Call Saves You Time, Money & Worry

**The Office on Aging’s One Call Club is an excellent resource that helps seniors avoid scams.** This membership program is very low cost to join and connects seniors to an ever-growing list of vendors who provide all kinds of home services. To become a One Call Club vendor, businesses have been through a background check, have provided references, and have proof of insurance and licensing. Vendors usually offer a discount on services to One Call Club members. They also submit to a follow-up evaluation in which the members can report any problems they had. Problems are resolved with the One Call Club acting as liaison between the two parties. Just a sampling of services offered include lawn cutting, tree trimming, roofing, paving, home improvement, grocery shopping, pet-sitting, computer tech support, in-home help with personal care, automobile maintenance and repair, window-washing, home safety assessments, and much, much more. The program serves seniors in Knox and nearby counties and has recently lowered its membership age to 50. Call the One Call Club at 524-2786 for membership or other information.

### Don’t Fall for a Scam...

- Never hire anyone who just stops by your home unexpectedly. If you didn’t contact them and ask them to come, don’t use their services.
- Do not allow yourself to be pressured into making a quick decision to have work done. If they are legitimate, they can wait for you to make an informed decision.
- Ask for references from past customers. *Check* their references. Go and look at their work yourself.
- Ask the opinion of someone you trust (a family member, close friend, longtime neighbor) before agreeing to have work done on your home.
- Get two or three estimates on any job that you want done.
- Never pay more than 10 percent of the total cost of the job as a down payment.
- Hold the last 10 percent of the payment back until the job has been completed and the work has been inspected by someone in the know.
- Never let someone into your home to tell you about their service if you did not call the person and ask them to come by. If you are uncomfortable with their presence at your door, ask them to leave, and shut and lock the door.

**If you think that you have been taken advantage of** by a solicitor or someone claiming to do home improvement jobs, **call your local law enforcement agency** (the sheriff’s office in Knox County; the police department in the city) to report it. See *Important Numbers* box above.

# O'Connor Senior Center July/Aug. Schedule

The O'Connor Center will be closed on **Monday, July 5**, for Independence Day

## JULY/AUGUST PROGRAMS

Many regularly scheduled classes take a brief vacation in July and August. If you are in doubt about a particular class, please call the Center to confirm whether it is meeting. Thank you.

**50+ Cardio 2**, Mon., Wed., Fri. Low impact, moderately intense aerobic class. \$2/class.

**50+ Cardio 3**, Mon., Wed., Fri. Low impact aerobic class with increased level of intensity and a more strenuous workout. \$2/class.

**AARP Chapter #85 Board**, No meetings in July or August.

**AARP Chapter #85 Meeting**, No meetings in July or August.

**AARP Driver Safety Program**, Wed. & Thurs., July 21 & 22. Call Barbara Manis at 922-5648 for information.

**Arthritis Foundation Exercise—Advanced**, Tues. & Thurs. Low-impact exercise with advanced physical exertion. \$2/class.

**Arthritis Foundation Exercise—Basic**, Tues. & Thurs. Low-impact, seated exercise with limited physical exertion. \$2/class.

**Ask-A-Pharmacist**, Will not be available July or August.

**Ballroom Dance Class**, Classes will resume in September.

**Bingo**, Wed. Bring a new, wrapped or bagged gift valued at \$5 to be given as a prize. \$1 donations appreciated.

**Birthday Party**, July-August-September birthdays will be celebrated on September 22 with birthday cake and ice cream provided by the Happy Hikers. Everyone welcome to come help celebrate July-August birthdays and enjoy refreshments.

**Blood Glucose Check**, Thurs. 12-hour fast recommended; sponsored by Accu-Chek. \$1.50/check.

**Blood Pressure Checks**, Mon. through Fri., 11:00 am—12:00 noon.

**Camera Club**, Mon., July 26 and August 23 join other photographic enthusiasts who will help you move through the new age of photography. Class led by Bob Kollar.

**Cards & Dominoes**, Thurs. Informal playing; open to all. You do not need to know how to play prior to attending.

**Ceramics**, Wed. Work is done independently; no instruction is available.

**Creative Writers' Workshop and Book Study**, Enjoy a brief break during July and August and come back in September with those creative juices flowing.

**Dance Club**, Membership is still open for the 2010 calendar year. Call Frankie Hicks for information (525-1475). Club meets at 6:35 p.m. on Fri., July 16.

### Dance Opportunities

Excellent exercise opportunities with lots of fun and fellowship. Improves coordination and strengthens the heart.

**Advanced Line Dance**: Class meets Mondays at 11:15 a.m. and is for those who have experience in line dancing.

**BASIC Beginners Line Dance**: Wed. \$2/class. Class for the true beginner; learn basic steps and dances.

**Beginning Line Dance**: Tues. Class in progress but it is not too late to join.

Ballroom style dance opportunities have music provided by a variety of local bands. Saturday Night Dances are more formal, and refreshments are served. Dance Club members enjoy reduced admission. Open to all seniors.

**Friday Night**: July 16, 23, & 30 and August 6, 20 & 27.

**Saturday Night**: July 10 and August 14.

**Tea Dance**: First Tues., July 6 and August 3.

**Afternoon Dancing**: Each Tues.

**Drama Group**, Classes meet in August only and focus on education and the study of some of the great works.

**Earth Science**, Earth Science will not meet again until the fall.

**Fabric Painting**, Mon. Join others who have works in progress; newcomers welcome. Call for information.

**Financial Forum**, Mon., July 26 and August 23. Jeff Headrick will talk about surviving in today's economy and will have a time of discussion during the presentation.

**Flower Lovers**, Classes will resume in September.

**French**, Tues. Practice conversation and grammar usage.

**Garden Club**, Mon., July 12. Andy Morris, Beekeeper and a Master Gardener will present the program entitled "Bees in the Landscape." Mon., August 9. A representative of Lowe's Garden Center will talk about "Maintaining the Lawn and Landscape."

**Gift Shop Regular Meeting**, Fri., July 23. Meeting for members of the Exceptional Gift Shop. If you are interested in displaying your arts and crafts in the Gift Shop and becoming a member, please call Frankie Hicks at 525-1475.

**Gift Shop Steering Committee**, Fri., July 9. Regular quarterly meeting.

**Greenhouse**, The Greenhouse is closed for the summer but work will resume the first Wednesday in September.

**Grief Support Group**, Mon., Pat Green, MSSW, with St. Mary's Hospice leads this grief support group that is designed for those who have experienced recent losses and are looking for a group that will help them on this journey. Please call the Center, 523-1135, to register. New class begins Monday, Sept. 13.

For more information about any program, or to register for programs, contact us:  
(865) 523-1135 E-Mail: [occonnor@occonnorcenter.org](mailto:occonnor@occonnorcenter.org) 611 Winona Street, Knoxville TN

# JULY 2010 CALENDAR OF EVENTS


The following activities are recurring weekly events for **July 2010**

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<b>8:45</b> Cardio 3 <b>10:00</b> Cardio 2 <b>10:00</b> Party Bridge <b>10:00</b> Water Aerobics <b>11:15</b> Adv. Line Dance <b>1:00</b> Fabric Painting <b>2:45</b> Grief Support Group	<b>9:00</b> Quilting <b>9:00</b> Tai Chi <b>9:30</b> Water Aerobics <b>10:00</b> Basic Arthritis Fdn. Exercise <b>10:00</b> French <b>10:00</b> Party Bridge <b>10:00</b> Tai Chi Set Review <b>11:00</b> Advanced Arthritis Fdn. Exercise <b>1:30</b> Afternoon Dancing <b>1:30</b> Beginning Line Dance	<b>8:45</b> Cardio 3 <b>10:00</b> Cardio 2 <b>10:00</b> Ceramics <b>10:00</b> Open Painting <b>10:00</b> Party Bridge <b>10:00</b> Water Aerobics <b>12:00</b> Open Painting <b>12:30</b> Health & Humor <b>1:00</b> Texas Hold 'Em <b>1:30</b> Bingo <b>2:00</b> Basic Beginner Line Dance <b>4:00</b> Spanish	<b>8:30</b> Blood Glucose Cks <b>9:00</b> Tai Chi <b>9:30</b> Water Aerobics <b>10:00</b> Basic Arthritis Fdn. Exercise <b>10:00</b> Cards & Dominoes <b>10:00</b> Tai Chi Set Review <b>11:00</b> Advanced Arthritis Fdn. Exercise	<b>8:45</b> Cardio 3 <b>9:00</b> Woodcarving <b>10:00</b> Cardio 2 <b>10:00</b> Water Aerobics <b>10:30</b> Ind. Study-Spanish <b>12:00</b> Conv. Spanish <b>1:00</b> Jam Session   <b>Billiard Room Open</b> Monday-Friday 8:30 am-4:30 pm

The following activities are daily events for **July 2010**

			<b>1</b>	<b>2</b>
				NO DANCE
<b>5</b> INDEPENDENCE DAY HOLIDAY  Center Closed	<b>6</b> 1:30 Tea Dance	<b>7</b>	<b>8</b> 8:30 Happy Hikers 9:00 TOENAIL CLIPPING 	<b>9</b> 10:00 Gift Shop Steering Committee
				<b>10</b> 7:00 pm Saturday Dance
<b>12</b> 1:00 Garden Club	<b>13</b> 8:00 Harrah's Trip Departure  11:00 Free Preparation of Advance Directives	<b>14</b>	<b>15</b> 8:30 Happy Hikers	<b>16</b> 6:35 Dance Club Meeting 7:00 pm Friday Night Dance
<b>19</b> 9:00 Legal Assistance	<b>20</b>	<b>21</b> 9:00 Advisory Board 12:00 AARP Driver Training	<b>22</b> 8:30 Happy Hikers 12:00 AARP Driver Training 2:00 With Hope in Mind	<b>23</b> 10:00 Gift Shop Meeting 7:00 pm Friday Night Dance
<b>26</b> 10:00 Camera Club 11:30 Lunch and Learn 1:00 Financial Forum	<b>27</b>	<b>28</b>	<b>29</b> 8:30 Happy Hikers	<b>30</b> 7:00 pm Friday Night Dance

The following activities are recurring weekly events for **August 2010**

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<b>8:45</b> Cardio 3 <b>10:00</b> Cardio 2 <b>10:00</b> Party Bridge <b>10:00</b> Water Aerobics <b>11:15</b> Adv. Line Dance <b>1:00</b> Fabric Painting <b>2:45</b> Grief Support Group   <b>Billiard Room Open</b> Monday-Friday 8:30 am-4:30 pm	<b>9:00</b> Quilting <b>9:00</b> Tai Chi <b>9:30</b> Water Aerobics <b>10:00</b> Basic Arthritis Fdn. Exercise <b>10:00</b> French <b>10:00</b> Party Bridge <b>10:00</b> Tai Chi Set Review <b>11:00</b> Advanced Arthritis Fdn. Exercise <b>1:30</b> Afternoon Dancing <b>1:30</b> Beginning Line Dance	<b>8:45</b> Cardio 3 <b>10:00</b> Cardio 2 <b>10:00</b> Ceramics <b>10:00</b> Painting <b>10:00</b> Party Bridge <b>10:00</b> Water Aerobics <b>12:00</b> Open Painting <b>12:30</b> Health & Humor <b>1:00</b> Texas Hold 'Em <b>1:30</b> Bingo <b>2:00</b> Basic Beginner Line Dance	<b>8:30</b> Blood Glucose Cks <b>9:00</b> Tai Chi <b>9:30</b> Water Aerobics <b>10:00</b> Basic Arthritis Fdn. Exercise <b>10:00</b> Cards & Dominoes <b>10:00</b> Tai Chi Set Review <b>11:00</b> Advanced Arthritis Fdn. Exercise	<b>8:45</b> Cardio 3 <b>9:00</b> Woodcarving <b>10:00</b> Cardio 2 <b>10:00</b> Ind. Study-Spanish <b>10:00</b> Water Aerobics <b>11:00</b> Silver Stage Players <b>12:00</b> Conv. Spanish <b>1:00</b> Jam Session <b>2:30</b> Drama Group

The following activities are daily events for **August 2010**

<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>9:00</b> Legal Assistance	<b>8:00</b> Harrah's Trip Departure  <b>1:30</b> Tea Dance 			<b>7:00 pm</b> Friday Night Dance
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>1:00</b> Garden Club 			<b>9:00</b> TOENAIL CLIPPING   <b>8:30</b> Happy Hikers	<b>7:00 pm</b> Saturday Dance
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>9:00</b> Legal Assistance <b>1:00</b> Investment News		<b>9:00</b> Advisory Board	<b>8:30</b> Happy Hikers	<b>7:00 pm</b> Friday Night Dance
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>10:00</b> Camera Club <b>11:30</b> Lunch & Learn <b>1:00</b> Financial Forum <b>1:00</b> Market Group			<b>8:30</b> Happy Hikers <b>2:00</b> With Hope in Mind	<b>7:00 pm</b> Friday Night Dance
<b>30</b>	<b>31</b>			
<b>9:00</b> Legal Assistance				

AUGUST 2010 CALENDAR OF EVENTS

**Happy Hikers**, Thurs. New members are welcome. Group meets at the Center at **8:30 am** unless otherwise noted.

**July 8** Hen Wallow Falls

**July 15** Walker Springs

**July 22** Charlie's Bunion

**July 29** Cumberland Mountain State Park

**August 12** Annual Picnic, Cove Lake State Park, Shelter #6

**August 19** Holston River Park

**August 26** Ft. Loudon State Park

**Harrah's Trips**, July 13 and August 3. Call Frankie Hicks at **525-1475** for information on upcoming trips. Cost is only \$30 and trips depart from the O'Connor Center. Breakfast is at 7:30 am each day with departure promptly at 8:00 am. Limited seating; call early to make a reservation.

**Health and Humor**, Wed. Nurse Claudia teaches how to laugh, learn, and live healthier.

**Investment News**, August 16. *Problems with our Investments*, presented by John Smartt.

**"JAM" Sessions**, Fri. Join in singing or just relax and listen to an informal pickin'-n-grinnin' mountain music jam session.

**Knitting & Crocheting**, The group will not meet during July and August but individuals are encouraged to continue working independently. Classes will resume Thursday, September 2.

**Legal Assistance**, Mon., July 19, and August 2, 16, & 30. Free help available by appointment only. Call 637-0484 to schedule a time to meet here at the O'Connor Center.

**Legal Assistance with Advance Directives**, Tues., July 13. No appointment is necessary on this day; please stop by between 11:00 a.m. and 12:30 p.m. for free help with advance directives such as living wills and other paperwork dealing with end-of-life decision-making.

**Lunch and Learn**, Mon., July 26. Mercy Health Partners will present a program on Nutrition with the latest new information. August 23. Covenant Health Passport is sponsoring this event and the topic of the day is Blood Pressure and Cholesterol—two very important numbers that you need to pay attention to.

**Market Group**, Mon., August 23. Group does not meet during July but will have a regularly scheduled meeting in August.

**Painting**, Wed., July and August sessions will be for those who wish to paint independently; formal instruction begins on Wednesday, September 8. Cost is \$40 for a 10-week session of two-hour classes. Ann Birdwell is the instructor for this session.

**Party Bridge**, Mon. through Wed. Call for details.

**Quilting**, Tues. Lots of fun and fellowship while learning how to quilt; for both experienced and inexperienced quilters.

**Silver Stage Players**, Fridays, August only. O'Connor theatrical performers will begin work on the fall production so now is the time to find your spot on stage. This group is for those who enjoy acting and being in the spotlight. Classes will not meet during July.

**Spanish, Basic**, Wed. Classes will meet during the month of July but will take a break during August. For true beginners; call for details and meeting times.

**Spanish, Conversational**, Fridays. Improve communication skills, keep mentally fit, and learn about another culture through the study of their language.

**Spanish: Independent Study**, Fridays. Venue for studying grammar and improving reading skills. Textbook and class preparation is done at your own pace. Occasional instruction is available.

**Tai Chi**, Tues. and Thurs. For those who are preregistered.

**Texas Hold 'Em Poker**, Wed. Both experienced and inexperienced card players welcome—come play for fun. \$2/class.

**Toenail Clipping**, Thurs., July 8 and August 12. Call to schedule an appointment with a foot-care professional.

**U.S. and Global Economy**, Dr. Tony Spiva is taking a break during July and August but plans to return in September. Please continue to check the *Weekly Update* in the Sunday paper for meeting dates and times.

**Water Aerobics**, Mon.-Fri. Classes led by certified instructor; pool is at Cansler Family YMCA (next door to O'Connor Center). \$2/class. Please come to the O'Connor to complete paperwork before beginning the class.

**Woodcarving**, Fri. Informal woodcarving sessions are open to all regardless of skill level. Instruction is available if you need help.

## *In Appreciation...*

The participants, Board, and staff of the O'Connor Senior Center wish to thank the following people for their generous support, given in April, May, and June, 2010.

### *Gifts to the Center from...*

Anne Mc Kinney	James E. Coffey
Bob Reese	James K. Smith
Exceptional Gifts	Jim & Frankie Hicks
Grant Bishop	O'Connor Quilters
Happy Hikers	Shirley Nash-Pitts
Holly Krause	

### *Gifts to the Center in memory of Marjorie Graveline*

High Resolutions  
Jerry and Ann Bodie  
John & Charlotte Israel  
Martha Gaut

### *Gifts to the Center in memory of David Presley*

Mary Dale Blanton

## 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 \$65.00 a month. Your contribution will be recognized in this list in the next newsletter issue following your donation. For information about Adopt A Senior, call the Senior Nutrition Program, 524-2786.

The following people and organizations adopted seniors in April & May 2010.

Barbara Abner  
Charles & Jean Adams  
Allstate Office Trailers, Inc.  
Virginia S. Anagnost  
Dr. & Mrs. Tom Anderson  
Jim & Pat Andrews  
Walter & Jane Anen  
Anonymous (92)  
Duane Ausetts  
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B & B Tax & Bookkeeping Service, Inc.  
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Ronald & Jeanne Beatty  
Susan Beckham  
Bernard & Barbara Bernstein  
Thelma Bianco  
Denise Bolt  
Jim & Mary Jean Bonomo  
Ray & Judith Booth  
Charles Brakebill  
Matthias F. Brandt  
Emerson & Leslie Breeden  
Julia Brelsford  
Kathy Brewer  
Lawrence & Martha Brichetto  
Sybil Bridges  
Thomas & Nancy Britcher  
Carroll & Marilyn Brock  
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Jean Brooks  
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Barbara Butler  
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Jefferson Chapman  
Church of the Savior, United Church of Christ  
Daniel Cobble  
Harvey & Marilyn Cobert  
Lucas & Andrea Coffey  
Concord UMC, Souper Bowl for Caring  
Charles Crawford  
Ione Cristil  
Janet Cruze  
Virginia S. Cupp  
Christine Cyree  
Dairy Farmers of America, SE Council in Knoxville  
Sandra Dellinger  
Delta Heating & A/C  
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Jimmy & Judy Derrick  
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Earth Fare, Bearden  
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Elliott's Tennessee Boot Co.  
Emmanuel Midday Bible Study  
Ruth Ewald  
Farragut Presbyterian Church  
First Presbyterian Church,  
James Park Men's Bible class  
Judy Fleenor  
Winona Flesher  
Nina Fletcher  
Barbara Floyd  
Tommy Ford  
Fountain City Presbyterian Church, Waystation class  
Fountain City Presbyterian, Presbyterian Women.  
Thomas George  
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Courtney Gillette  
Mildred Gregg  
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Dennis & Kathy Hayward  
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Bertram Henry  
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Jerry & Jane Herrmann  
Amy Morris Hess  
Martha Hess  
Stella Hines  
Brian Hobock  
Michael & Cindy Hollander  
Gina Hofffield  
Mark Homer  
Paul & Glenda Houston  
Ronnie Hudson  
Immaculate Conception Catholic Church, Thursday Morning Renew Study Group  
David & Janice Ishee  
Derry Jackson  
John Hodges, III & D. J. Wilson  
Arvid Johnson  
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Bob & Lana McGee  
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Kenneth & Polly McNutt  
John & Sharon McRae  
Meridian Baptist Church,  
Ed Arnett & Friendship classes  
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Steven & Sara Miller  
Margaret Monk  
Dr. Eddie Moore  
Vasudevan & Savithry Mooss  
John & Marilyn Murray  
Marshall & Virginia Myer  
Jack & Karen Nelson  
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Imogene Newton  
Diane Nichols  
Marie Norman  
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Susan Perkins  
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Kenny & Tina Phillips  
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Thomas & Linda Rankin  
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Bill & Theresa Wright  
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Carla D. Wyrick  
Linda Yates  
Eric & Elaine Zeanah  
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**In Honor or Memory of...**  
*In Memory of Mrs. Frances Alexander*  
Anonymous  
*In Honor of all the good people who box and deliver Mobile Meals*  
Michael & Helen Kopp  
*In Honor of Jane & Pat Armstrong*  
Vicky Gardner  
*In Memory of Reed Arrants*  
Mrs. Jean Arrants  
*In Memory of Curtis Atchley, Sr.*  
Ben & Sue Atchley  
*In Memory of B. Kelly, B. Rose & E. Dingus*  
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*In Honor of Jack Gibson*  
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*In Memory of Marilyn & David Gottlieb*  
Anonymous  
*In Honor of granddaughter*  
Anonymous  
*In Memory of grandmothers Ruby Earl & Katherine Huffaker*  
Anonymous  
*In Memory of Sara Grohman*  
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Sara & Heather Harris  
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Mark & Kristy Campbell  
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Carolyn Holden  
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Lois W. McDuffee  
*In Honor of Edith Housley*  
Anonymous  
*In Memory of husband and mother*  
Margaret Stanford  
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*In Honor of Bill & Elna Jacks*  
Bill & Amy Broome  
*In Honor of Libba Jaco*  
Ben Jaco  
*In Honor of Mr. & Mrs. Duane James*  
Nancy James  
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Anonymous  
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Cynthia Karkut  
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*In Honor of Cissie Lee*  
Sam & Mary Anne Beall  
*In Memory of Lillian Lewis*  
Anonymous  
*In Memory of Johnathon Long*  
Betty Long  
*In Honor of LTR 2*  
Wanda Liggett  
*In Memory of Peggy Lundin*  
Anonymous  
*In Memory of Emily Luttrell*  
Sam Luttrell  
*In Memory of Jane Marchant*  
Felicia Davis  
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*In Honor of Mildred Mays*  
Anonymous  
*In Honor of Catherine McDonald*  
Anonymous  
*In Honor of Alex McMillan, III*  
Anonymous  
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Winston & Michelle Holmes  
*In Memory of Ollie Mae Miller*  
Carolyn Frere  
*In Memory of Kenneth F. Mills*  
Vivian Mills  
*In Memory of Leonard Mitchell*  
Jewell Mitchell  
*In Memory of Mother*  
Jackee Campbell  
*In Memory of Mother*  
Anonymous  
*In Honor of Mr. & Mrs. Ross Faires, Mr. & Mrs. David Moon, Mr. & Mrs. Jim Haslam, Mr. & Mrs. Jimmy Haslam, Dr. & Mrs. Clifford Johnson, Dr. & Mrs. George Kriste, Mr. & Mrs. David Smith, Mr. & Mrs. Hiram Tipton, Cathy Ackermann & Tommy Walker*  
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Shelba Murphy  
*In Memory of Peggy Murphy*  
Mr. & Mrs. David Jacobs  
*In Honor of Shawn Myers & grandchildren*  
Wanda Evans  
*In Memory of Ray Nason*  
Christy Nason  
*In Memory of Esco & Prudie Norman*  
Janice Norman  
*In Memory of Mr. & Mrs. E.E. Overton*  
Nancy Weigel  
*In Memory of parents*  
Michael Hudson  
*In Honor of parents*  
Mahmood Hosseini  
*In Memory of Justin J. Petitpre*  
Anonymous  
*In Honor of Marge & Roy Phillips*  
Lynn Phillips  
*In Memory of Thomas David Pressly*  
Anonymous

*In Memory of R.G. Berggren & Alma Cecil*  
Laura Bryan  
*In Memory of Virginia Raskin*  
Donna Davis  
*In Honor of Joan Regester*  
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*In Memory of Mary Reynolds*  
K & T Brennan  
*In Memory of Michael Robinson*  
Corryton Baptist Church  
Community Group  
*In Memory of Ray M. Rutherford*  
Mark S. Rutherford  
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Anonymous  
*In Honor of Reba Scott*  
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*In Honor of Mrs. Thelma Shuler*  
Bobby & Donna Bluford, Sr.  
*In Honor of Evelyn Silvus*  
David & Vin Silvus  
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Anonymous  
*In Memory of Bern Stokely*  
Connie Stokely  
*In Memory of Elsie Sutton*  
Brooklyn Russell  
*In Memory of Doris Swanick*  
Dorothy Daniels  
*In Memory of Marcia W. Thomas*  
Sharon Patterson  
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Lindsay Tipton Harris  
*In Memory of Katherine M. Todd*  
Allen & Allene Blalock  
*In Honor of Vicky Gardner & Joan Regester*  
Elbert & Jane Armstrong  
*In Honor of Hattie Walker*  
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*In Memory of Betty Ward*  
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*In Honor of Dr. & Mrs. Charles Wender*  
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*In Memory of Mary Ellen Williams*  
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*In Memory of Bill Williamson, Sr.*  
Anonymous  
*In Honor of Leo & Tie Winfree*  
Anonymous  
*In Memory of Myona Lea Winget*  
Rasho Winget

### ONE YEAR

The following individuals and organizations have committed to providing Mobile Meals for a year for one or more seniors.  
Patricia Abbarno  
Accutech, LLC  
All Saints Catholic Church  
Anonymous (8)  
Appalachia Business Communications  
Jack & Peggy Ball  
Beaver Ridge United Methodist  
Peter J. Biasella  
Earl G. Bishop estate  
Gerhard & Margaret Blombach  
Chick-fil-A customers at Clinton Highway, Knox Central, Turkey Creek, Kingston Overlook & West Town  
Elavon, Make a Difference  
Erin Presbyterian Church  
Mary Gormley with matching gift from JPMorgan Chase Fdn.  
Stanley & Joyce Griffin

*(Continued on page 10)*

## 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 April & May 2010.

**CHIPS (Computers for Homebound & Isolated Persons)**  
Nancy Hahne  
Patricia F. Hunter

**Feed-A-Pet**  
Ellen Keith  
Judy Fleenor

**Grandparents As Parents Program**  
Knoxville Bar Foundation

**Mobile Meals**

James & Mary Abbott  
Olive Akin  
Nancy Amburgey  
Glen Anderson  
Anonymous (49)  
Lysette Ann Aviles-Kok  
Robbie Bailey  
Jay & Bonnie Bayless  
Darrell & Jill Beason  
Beaver Creek Cumberland Presbyterian Church, Searchers SS class  
Clyde & Lisa Berry  
Jessie Black  
Stan Boling  
Douglas Bost  
Clark & Elaine Brekke  
Phil & Kay Brown  
R & S Brown  
Paul & Davia Brown  
Robert & Jutta Bruckner  
Rick & Deana Burleson  
Betty Byrd  
Jeff & Peggy Campbell  
Larry & L. Elizabeth Capps  
Douglas Carr  
Allen & Lisa Carroll  
Mamie Cash  
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Bobby & Joy Clemmons  
Charles & Hazel Cole  
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Colonial Heights United Methodist  
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James & Rebecca Crossland  
Steven & Debbie Dalton  
Charles Davenport  
Pearl & Johnnie Davis  
Elizabeth De Vega  
Decks & More  
Stephanie Dolsen

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Gerald Glenn  
Herman Goddard  
John Gompf  
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Sherrell & Rebecca Greene  
William & Nancy Greer  
William & Miriam Grove  
Quing Gu  
Jeff & Martha Harris  
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Ida Harvey  
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Elizabeth Hinton  
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James & Racheal Lones  
Larry Lunsford  
Joseph & Ellen Macek  
Doyle & Sue Manley  
Courtney Manrod  
Harvey Manson  
Dorothy Markham  
Viola Mason  
Charles & Frances May  
John & Christine McCay  
Jeanne Meador  
Guenter Meurer  
Alice Mincher  
Joe & Charlene Mischlich  
Lori Moczadlo  
J. W. & D. L. Moore  
Ronald & Betty Moore  
Luther Moore, Jr.  
Fred Morgan  
Ted Morrison  
Franklin & Barbara Morrison  
Joyce Mosley  
J. S. Navarro  
Steve & Cecille Newman  
Dr. & Mrs. Roger Nooe  
Oakwood Baptist Church,  
Homemakers SS class  
Laura O'Callaghan

Helen O'Connor  
William Phelps, Sr.  
Linda Price  
Barbara Ray  
Betty Richards  
Eleanor Ripley  
Bernard & Patricia Roche  
Howard & Marcella Russell  
Friedrich Schilling  
Tim & Elizabeth Seaton  
Kathy Sergeant  
James Shay  
George & Julia Shiflett  
Smithwood Baptist Church, Joy class  
Harold & Jonnie Sorensen  
Dr. John R. Staley, Jr.  
Edith Stratman  
Millard & Janet Summers  
Al & Cynthia Thompson  
Jewel Tindell  
James & Suzanne Titcombe  
Shirley Todd  
Rome Tompkins  
Richard O. Twining  
Sherry Vermillion  
Sharon Wallace  
Sharon Warman  
George & Opal Webber  
M. L. & Joan Williams  
Melvin & Carolyn Winston  
Bill & Barbara Winzurk  
Mr. & Mrs. Johnny Wolfe  
Carolyn Worley  
Robert Worrell

**In Honor or In Memory of...**  
*In Memory of Mary Bereika*  
Barbara Sewell  
*In Honor of William E. Bost*  
Douglas Bost  
*In Honor of Dr. Abraham Brietstein*  
Anonymous  
*In Honor of Paige Buchholz*  
Anonymous  
*In Honor of Dr. Pat Burkhardt*  
Charles & Sandra Huddleston  
*In Memory of Charles Clifford*  
Phil & Irma Keith  
*In Memory of Mary W. Davis*  
S. David & Jean Frazier  
Joyce Malone  
Lori Moczadlo  
C. T. & Shirley Carley  
Debra Lee Miller  
Clark & Eleanor Swenson  
Carolyn Worley  
Bob & Carol Finelli  
Charles Brakebill  
R. L. & E. B. Woodford  
*In Memory of Eunice & Herb Duncan*  
Anonymous  
*In Memory of Diane Farrell*  
The John Hurley family  
*In Memory of Granny Flanary*  
Cristall Mount

*In Honor of Fran Blair*  
Irma Keith  
*In Honor of Frank Hill & Herbert Clevenger*  
Jeff & Billie Sue Hill  
*In Honor of Verlin & Genny Frye*  
Anonymous  
*In Honor of Alice Frye*  
Phil & Dixie Bopp  
*In Honor of John & Margaret George*  
Irvin & Margaret Willis  
*In Honor of Mrs. Victoria Girouard*  
Anonymous  
*In Memory of Georgia Godfrey*  
Gary & Patti West  
*In Memory of Grandmother*  
Sharon Irvin  
*In Honor of Elizabeth Griffin*  
Patricia Lees  
*In Memory of Charles Richard Hackney*  
J. W. Thomas & Charlotte Jellicorse  
*In Memory of John & Juanita Baxter Hahn*  
Charles & Scottie Baxter  
*In Memory of George Harbison*  
Fred. E. West, Jr.  
*In Memory of Marlene Heard*  
William & Amber Rice  
*In Memory of Helen Frost & Lottie Swanson*  
Bonnie Brulotte  
*In Memory of Aurelia Horton*  
Helen Trent  
*In Memory of Delno Howard*  
Bernice Knox  
*In Honor of Willis Jessie*  
Andrea Jessie  
*In Honor of Jesus*  
Anonymous  
*In Memory of Mary Lee Johnson*  
Sandra McGuire  
*In Memory of Judy Cook & Dorothy Astle*  
Anonymous  
*In Memory of Mary Ellen Keith*  
Ellen Keith  
*In Memory of Jack Kress*  
Frances Kress  
*In Honor of Bob & Helen Large*  
Anonymous  
*In Memory of Lillie Lay*  
Northgate Terrace Resident  
Community Project  
*In Honor of Wanda & Bill Liggett*  
Donna Kolb  
*In Memory of Mary Magdelene Louis*  
Neighbors of Lincoln Circle  
*In Memory of Anna McGinley*  
Kurt & Susan Alexander & family  
*In Honor of Martin McNamee*  
Anonymous  
*In Memory of Burton Merritt*  
Hobart Palmer

*In Memory of Kathleen Miller*  
Ronnie Beeler  
*In Memory of Stanley Minge*  
Peggy Minge  
*In Memory of Mr. Raymond A. Mitchell*  
James Hardin  
*In Honor of Mobile Meals delivery volunteers*  
Helen Trent  
*In Honor of Ben & Mary Alice Morton*  
Helen & Sterchi Morton  
*In Memory of Mother*  
Kathy Hutchens  
*In Memory of Mother Theresa*  
Robert & Helen Freeh  
*In Memory of Peggy Murphy*  
David & Vicki Dotson  
*In Memory of Samuel Newsom*  
Betty Keil  
*In Honor of Katelyn & Emily Nowlin*  
Anonymous  
*In Honor of Kathryn Nunley*  
Anonymous  
*In Memory of Michael A. Phillips*  
Gary & Juanita Long  
*In Honor of Art Pickle*  
Jack & Donna Bondurant  
*In Honor of Ruth Queener*  
William & Deanna Shuler  
*In Memory of Mary Rhodes*  
Mindee Forrester  
*In Memory of Russell L. Rio*  
Frances Rio  
*In Memory of Dr. H.V. Shirley*  
Dr. & Mrs. Roy B. Wyatt  
*In Memory of Dr. Bernard Silverstein*  
Larry & Marcia Silverstein  
*In Memory of Willard Smith*  
Vandella Smith  
*In Memory of Ralph & Christine Smith*  
Mr. & Mrs. James Martin  
*In Memory of Louella Sprouse*  
Steven & Belinda Hudgens  
*In Memory of Susie*  
Anonymous  
*In Honor of Mr. & Mrs. Joseph L. Thompson*  
Jim & Lisa Pritchard  
*In Memory of Callie Mae & Jess Tillett*  
Nancy Tillet  
*In Memory of John Tipton*  
Northgate Terrace Resident  
Community Project  
*In Memory of Robert Williams*  
Anonymous  
*In Memory of James Michael Williams*  
Anonymous

**Office on Aging**  
Jimena Goich

**One Call Club**  
East TN Fdn., Beall Family Fund

**Project LIVE**  
Bruce Bower, Jr.  
Charlotte Damewood  
Frank Holt  
Mike & Lesa Medley  
Donna Solod

**Senior Citizens Information & Referral Service**  
Virginia Anagnost  
Sue Atchley  
Lisa Benoit  
Wilma Branner  
Kathy Burke  
Willie Butler  
Concord United Methodist Church  
Covenant Health  
East TN Personal Care Service  
Edna Eickman  
Girling Home Health Care  
Mary Goodman  
Patricia Green  
Shirley Harris  
Hillcrest Healthcare Communities, Inc.  
Homewatch Caregivers  
Norma Jones  
KUB  
Paula Marsh  
Ola McBride  
Meadow View Senior Living  
Mercy Health Partners  
Ken & Barbara Monty  
NHC Place Farragut  
Cordelia Farrant  
Priority Healthcare Services  
River Oaks Place, Lenoir City  
Linda Smith  
Smoky Mountain Health & Hospice, Inc.  
Kathleen Steele  
Thomas Strickland, Jr.  
Janice Wade-Whitehead  
Bill Wallace  
Victoria Whitehead  
Mary Catherine Willard  
Windsor Gardens  
Assisted Living

**Senior Companion Program**  
Hardees, Inc., Western Avenue  
John Harris  
Ben Landers  
Anna Seale

**In Honor of Nellie Petree**  
Juanita Petree Church

### ADOPT A SENIOR

(Continued from page 9)

The Grill at Highland Row, LLC  
Lea Anne Hash  
Mark & Sally Hester  
Richard & Jackie Imbrey  
James & Muriel Johnson  
Kimberly-Clark  
Knoxville City Council members, Robert Booker, Steve Hall & Barbara Pelot  
Wayne & Diane Lankford  
Richard Ledyard  
William III & Courtney Manrod  
Meals on Wheels Ass'n of America  
Ken & Barbara Monty  
Gordon & Virginia Nelson  
Old North Knoxville, Inc.  
Rogers & Marjorie Penfield  
Bill & Linda Pickett  
Pilot Travel Centers, LLC  
Ernie Randolph, Jr.  
Natalie Robinson  
Sam's Club Foundation  
Peter & Trudy Shea

David & Judy Shiflett  
Shiloh Presbyterian Deacon Board  
St. Elizabeth's Episcopal Church  
Sandra Stoutt  
Tennessee Valley Mustang Club  
Hudson & Mary Topping  
Victory Chapel Baptist Church  
Wal-Mart Foundation

**In Honor or In Memory...**  
*In Memory of Marian Bugg*  
William Bugg  
*In Honor of George Harbison*  
Charles & Wilma Chadwell  
*In Memory of Louise LaMotte*  
Anonymous  
*In Honor of the Mobile Meals Kitchen staff*  
Gerhard & Margaret Blombach  
*In Memory of Mr. & Mrs. J. R. Moody*  
Wanda Moody  
*In Memory of George & Connie Neldner*  
Dr. Tara Burnette  
*In Honor of Margaret S. Orr*  
Mr. & Mrs. Thomas M. Ayres

*In Memory of Ruth Rice*  
Tom & Nancy Cochran  
*In Honor of Kerry Schell*  
David & Holly Janney  
*In Memory of Andrew J. Smith*  
Anonymous  
*In Memory of Marion Stout*  
Eleanor Barker  
*In Honor of Betty Thacker*  
National Ass'n of Area Agencies on Aging  
*In Honor of Mrs. B. H. Thompson*  
Dr. Thomas Lester

**Two Seniors for one year**  
Anonymous (2)  
East Tennessee Chapter IFMA  
First Baptist Church, Pastoral class  
Steve Hall  
Jimmy's Original Southern Pub  
Knoxville Catholic High School  
baseball team  
Messiah Evangelical Lutheran Church  
OMNI Women's Club  
Westminster Presbyterian Church

**In Honor or In Memory...**  
*In Memory of Mary M. Goodman*  
Margaret Goodman

**Three Seniors for one year**  
East Tennessee Foundation, Packard Fund  
The Kroger Company Fdn.  
Mr. & Mrs. J. W. Lee  
Meals on Wheels Ass'n of America,  
Walmart Grant  
West Knoxville Rotary Club

**Four Seniors for one year**  
Akima Club  
First Farragut United Methodist  
*In Honor of Roma Winegardner, Jean Herchenhahn & Gayle Mattheis*  
Dean Winegardner

**Six Seniors for one year**  
B&W Y-12

**12 Seniors for one year**  
Anonymous  
East TN Foundation, Mount Rest  
Home Foundation Fund

**25 Seniors for one year**  
Anonymous

**78 Seniors for one year**  
Knoxville News Sentinel,  
Empty Stocking Fund



## To Keep You Informed



**Holiday closings:** The Office on Aging, CAC administrative offices, O'Connor Senior Center, and all Senior Nutrition Program dining rooms will be closed for **Independence Day, Monday, July 5**. Mobile Meals participants will receive boxed lunches for that day.



**Friends of Mobile Meals Advisory Board** welcomes anyone who has an interest in making this great program even better. Come just once, occasionally, or every month. The group meets on the second Wednesday of each month at 1:30 p.m.. The group will *not* meet in **July**, but *will* meet on **August 11** at the Mobile Meals Kitchen, 1747 Reynolds Street.



**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 offered on the second Tuesday of each month, from 5:00 p.m. to 6:30 p.m., at the L. T. Ross Building, 2247 Western Avenue. Each month, there is an informational program of interest to caregivers, as well as general discussion of caregiving issues and concerns. Refreshments are served. The speaker for the **July 13** meeting is Caroline Combs-Young, of Comfort Keepers, who will talk about "How to Screen for Potential Care Providers." The **August 10** meeting hosts Melanie Eudy, from Amedisys Home Health and Hospice, speaking on "What Does Hospice Really Mean?" Registration is not required but is appreciated. To register for the meetings, call 524-2786.



**The 2-1-1/ Interagency Council Social Service Meeting** is made up of social services professionals **who serve people of all ages**. The group allows 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 group meets on the third Wednesday of every month at 3:00 p.m. at the L.T. Ross Building, 2247 Western Avenue. Call 546-6262 for information about this group or the program topics for the **July 21** or **August 18** meetings.



**RSVP: do you know what that means?** Give Becky Hare a call, 524-2786, and in a few quick minutes of your time, she will offer you choices of volunteer opportunities in Knoxville. There are more needs than people responding to help in this community. Your time is very valuable and important and that is why the RSVP program searches for just the right kind of services that offer flexible time, interest, and need for specific skills just for senior volunteers. Your commitment of three hours per month, two hours every week, or occasionally can be a tremendous help to someone. Call Becky to hear more details about the following list, for other community needs, or to share your skills.

Remember the days of scouting and the lifetime oath? Consider renewing it with the **Boy Scouts of America**. Several positions open—some with events and some administrative—for adult volunteers. Very flexible schedule for two to six hours a month.

Extend your profession to assist with non-profits who have **special projects for management-level volunteers**. Projects include pro-

gram development, coordinating a local conference, or doing research surveys. Positions are for two to four months with flexible schedules. Contact RSVP for specific details.

Help someone who wants to improve their employment status, but must first obtain their GED. **Reading and math tutors** are needed to assist students with their assignments so they can graduate from the Ross Learning Center.

**Patient Advocates are needed at a local hospital**. This plum volunteer position offers flexibility and benefits for those interested in medical care, especially for indigent patients.

**Mobile Meals is seeking volunteers** for the summer. Adopt a route—once a month, or once a week, so that the program can continue to deliver as many meals as possible without spending money on paid transportation.



**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. The workshop will meet on most Wednesday afternoons in July and August (call for specific schedule) at the L. T. Ross Building, 2247 Western Avenue. The workshop is free but you must register by calling Senior Employment Service at 524-2786.

**The Council on Aging does not meet during July and August**. Have a great summer, and we hope to see you at the **September 9** council meeting! For information about the Council on Aging, call the Office on Aging at 524-2786.

*Elder News & 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. This issue is printed and mailed with the generous support of the *News Sentinel*.

**Office on Aging Director:** Barbara Monty

**Editor:** Kathy Burke

Office on Aging address: Street: L.T. Ross Building, 2247 Western Avenue. • Mailing: P.O. Box 51650, Knoxville TN 37950-1650.  
Telephone: 865-524-2786 • Fax: 865-546-0832 • e-mail: knox00a@knoxcac.org • web site: www.knoxseniors.org

## Which-1-1? A Guide to Three-Digit and Other “Information” Phone Numbers

Everyone knows what 9-1-1 is. And most people know that they should dial 4-1-1 for directory assistance. But did you know that there are also services available at every “-1-1” number from 2-1-1 through 9-1-1? These numbers are referred to as N11 codes (formerly called service codes) and are administered by the FCC (Federal Communications Commission). Each N11 code has a specific service assigned to it. Some are the same everywhere in the U.S. (like 9-1-1) and some are specific to the local community.

In our community, the City of Knoxville and Knox County each have a “help” number that local residents can call to get help with anything from nonemergency police information to trash pickup schedules and from pothole repair to court information. Locally, the City of Knoxville has the N11 code, 3-1-1. Knox County has a similar service, which can be reached at 215-HELP (215-4357).

Nationally, 2-1-1 is a United Way sponsored service that offers information and referral on every

type of community service. It is operated locally so that the information given is specific to the community served. In our area, 2-1-1 is sponsored by United Way and administered and run by the Knox County Office on Aging through Senior Citizens Information & Referral Service. Information and Referral (known as “I & R”) is a vital community service that connects people to the services they need, but might not know about, at the time that they need those services. 2-1-1 offers general community I & R. Senior citizens, professionals, and caregivers of seniors can get similar information that is age-specific from Senior Citizens I & R at 865-546-6262.

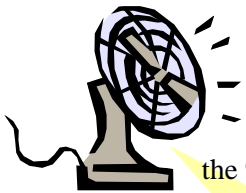
Do you know what all of the N11 codes are for and the kind of help you’d get by calling them? Following is each N11 code and the service it designates. You might want to clip out these important numbers and post them on your refrigerator or put them with your phone book and other phone-related information. ☀

### Which-1-1 & Other Important Numbers

- 2-1-1:** Community information & referral
- 3-1-1:** Nonemergency police & government services (Knoxville)
- 4-1-1:** Directory assistance
- 5-1-1:** Travel & road conditions
- 6-1-1:** Telephone exchange and repair services and business offices
- 7-1-1:** Telephone relay services for hearing impaired
- 8-1-1:** Call before you dig notification
- 9-1-1:** Emergency assistance
- 215-4357:** Nonemergency police & government services (Knox County)
- 546-6262:** Senior Citizens Information & Referral Service

## Seniors: Keep Your Cool This Summer

### Electric Fans Help Seniors Beat the Heat. You Can Help!



Summer is heating up: this summer, the heat started early, with a heat wave in April and temperatures in the 90s in May and June. And it shows no signs of cooling down significantly any time soon.

Although we often associate summer’s heat with activities like swimming, ball games, family cookouts, and other summer fun, for many, there is misery in the heat. Most vulnerable to the health problems caused by the heat are senior citizens, young children, and people with chronic medical conditions that are worsened by extremes in temperatures.

Most of us react to the heat by going inside and relaxing in the air-conditioned comfort of our homes. But for people who do not have air conditioners and cannot afford them, that isn’t an option.

CAC Energy & Community Services provides box fans for people who do not have air conditioning and cannot afford to buy a fan. The agency accepts donations of new fans or cash to be used to-

ward buying fans. According to the program’s director, Cecilia Waters, the need for fans is going to be particularly great this year because of the increased demand caused by the high temperatures that began so early in the season and which are not relenting as we move into the hottest part of summer.

“Often, people don’t want to open their windows because of security concerns,” Waters said. “And in small apartments, there are not enough windows to get good cross ventilation anyway. On hot days, it’s like an oven in those homes.”

If you would like to donate a fan (20-inch box fans are preferred), or if you need a fan, call CAC Energy & Community Services at 637-6700. If you would like to contribute money for the purchase of fans, make your check out to the program, with “heat relief” in the memo line, and send to CAC Energy & Community Services, Attn: Local Heat Relief, P.O. Box 51650, Knoxville TN 37950-1650. ☀

### Tips to Help You Prevent Heat-Related Illness

*This summer is shaping up to be a hot one. Older persons are more vulnerable to heat-related illnesses (heat exhaustion and heat stroke) than younger people are.*

- ☀ Check on older people—especially those who live alone—at least twice a day.
  - ☀ Drink plenty of fluids, especially water. Avoid alcoholic beverages or drinks high in sodium.
  - ☀ Wear lightweight, light-colored, and loose-fitting clothing. Wear a hat or use an umbrella outdoors.
  - ☀ If you do outdoor activities such as gardening, try to go out during the cooler morning or evening hours.
  - ☀ If you have an air conditioner, make sure that it’s in good working order and that it’s set on a comfortable temperature. If a person whom you care for has a memory disorder, ask daily if the air conditioner is on.
  - ☀ Keeping doors and windows open is a great way to let fresh air in, but be sure that they still provide security. Also, if a window has a sunny exposure, keeping a shade drawn over it will keep the house cooler.
  - ☀ Take a cool bath or shower for relief from the heat.
- If you believe that you are suffering from a heat-related illness, seek medical help immediately.* ☀