

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. ☀

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 6th 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 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
8:45 Cardio 3 10:00 Cardio 2 10:00 Party Bridge 10:00 Water Aerobics 11:15 Adv. Line Dance 1:00 Fabric Painting 2:45 Grief Support Group	9:00 Quilting 9:00 Tai Chi 9:30 Water Aerobics 10:00 Basic Arthritis Fdn. Exercise 10:00 French 10:00 Party Bridge 10:00 Tai Chi Set Review 11:00 Advanced Arthritis Fdn. Exercise 1:30 Afternoon Dancing 1:30 Beginning Line Dance	8:45 Cardio 3 10:00 Cardio 2 10:00 Ceramics 10:00 Open Painting 10:00 Party Bridge 10:00 Water Aerobics 12:00 Open Painting 12:30 Health & Humor 1:00 Texas Hold 'Em 1:30 Bingo 2:00 Basic Beginner Line Dance 4:00 Spanish	8:30 Blood Glucose Cks 9:00 Tai Chi 9:30 Water Aerobics 10:00 Basic Arthritis Fdn. Exercise 10:00 Cards & Dominoes 10:00 Tai Chi Set Review 11:00 Advanced Arthritis Fdn. Exercise	8:45 Cardio 3 9:00 Woodcarving 10:00 Cardio 2 10:00 Water Aerobics 10:30 Ind. Study-Spanish 12:00 Conv. Spanish 1:00 Jam Session  Billiard Room Open Monday-Friday 8:30 am-4:30 pm

The following activities are daily events for July 2010

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

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

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

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

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

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Winona Flesher
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Fountain City Presbyterian, Presbyterian Women.
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Michael & Helen Kopp
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In Memory of Curtis Atchley, Sr.
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Rasho Winget

ONE YEAR

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

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Charles & Wilma Chadwell

In Memory of Louise LaMotte
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In Honor of the Mobile Meals Kitchen staff
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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 Mattheiss
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*.

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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.

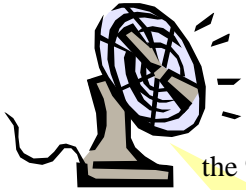
Do you know what all of the N11 codes are for and the kind of help you’d get by calling them? Following is each N11 code and the service it designates. You might want to clip out these important numbers and post them on your refrigerator or put them with your phone book and other phone-related information.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

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.* ☀