



Elder News & Views

January/February 2012

Senior Companion Program Hosts Snowflake Ball, Jan. 21



The holidays are over and winter has set in. The cold days and long nights often make us want to just curl up in our beds until spring. But the **Snowflake Ball**, hosted by the Senior Companion Program is worth getting dressed up and going out for. This annual fund-raiser dance has become a winter tradition in Knoxville—and it's a great opportunity to take a break from the winter blahs, kick up your heels, and trip the light fantastic. This year, the Snowflake Ball will be on **Saturday, January 21, from 6:00 p.m. to 9:00 p.m.** at the Kerbela Temple, 315 Mimosa Avenue.

You'll feel light as a snowflake as you dance to the sounds of local band David Correll. Dress to dance at this black-tie-optional affair. Heavy hors d'oeuvres will be served. Tickets cost \$20

each and are available from the Office on Aging or by calling Covenant Senior Health at (865) 541-4500.

"Everyone is welcome at the Snowflake Ball," said Deisha Finley, manager of the Senior Companion Program. "You can come alone and find a new friend! Bring your dancing partner or come with a group of friends. Even nondancers can come to enjoy good food, good music, good company, and good dancing."

The Senior Companion Program provides assistance in the home for frail, homebound persons at no charge. There are currently 80 Senior Companions in the Knox County program serving over 200 individuals, but demand for Senior Companions, who are volunteers, always exceeds supply. Community support and donations allow the program to train and place more Companions with those in need.

The program started in 1988 and the original grant funded 20 volunteers. As the program grew, the need for additional Companions grew, too. Community support is still vital in providing more Senior Companions. If you or someone you know is interested in becoming a Senior Companion, call the program at 524-2786 for information.

The Snowflake Ball is sponsored by area businesses and organizations. To learn about the perks of being a sponsor of the dance, call 524-2786. ❄️

 ❄️ **Senior Companion Snowflake Ball** ❄️
 ❄️ Saturday, January 21 ❄️
 ❄️ 6:00 p.m. to 9:00 p.m. ❄️
 ❄️ Kerbela Temple, 315 Mimosa Avenue ❄️
 ❄️ Tickets: \$20 each ❄️
 ❄️ Call 541-4500 to order tickets by phone. ❄️

You'll Flip Over Pancake Fest, Tuesday, Feb. 21

Pancake Fest 2012
 Tuesday, February 21
 7:00 a.m.-1:00 p.m.
 O'Connor Senior Center
 611 Winona Street
 \$5.00

It's pancake time in Tennessee! It's time again for the **Pancake Fest 2012 annual fundraiser** at the O'Connor Senior Center. The date has been set for **Tuesday, February 21**, from 7:00 a.m. to 1:00 p.m. There will be an abundance of pancakes, sausage, orange juice, and coffee. The chef from UT Medical Center will once again be preparing the famous "Heart Healthy" pancakes that were such a hit last year! **Tickets for Pancake Fest 2012 will remain at \$5**, which includes the "all you can eat" pancake menu and admission to other activities.



Tickets are on sale now and can be purchased at the Center or from O'Connor Advisory Board members.

Pancakes To Go will be ready at 7:00 a.m. and can be picked up on your way to work to share with your employees or co-workers. Just give a call to 523-1135 to place your order.

If the pancakes alone do not satisfy your sweet tooth, the Center bake sale will certainly take care of that. Friends and participants of the Center prepare delicious home-baked goods, and each one has that secret ingredient that will put a smile on your face.

B97.5 FM with Ashley and Brad in the morning will be at the Center bright and early and will be broadcasting live throughout the morning hours. WVLT-TV will also be on site at 5:00 a.m., reminding everyone of this special day.

Other local media personalities and community leaders will be on hand so they can show off their pancake-flipping skills.

Pancake Fest is a great way to incorporate a meeting with a fun outing. There is limited space available for your group to hold its meeting while indulging in pancakes and sharing in the other activities planned for the day. To reserve your space, call 523-1135 and speak to Sue Massingill.

The North Addition will be turned into a bargain hunter's delight with craft and specialty items that are not only beautiful but also affordably priced.

Knox County has a wide variety of services for senior adults. Many of these service providers will have informational booths at Pancake Fest to help you find the services you or your family member may need.

Pancake Fest is a major fund-raiser for the Center, and it is especially important this year, when the Center is trying to ensure that there is enough money to meet rising operational costs. The Center staff and the Center Advisory Board look forward to seeing you at Pancake Fest 2012 on Tuesday, February 21. ❄️

Healthy Living Expo Offers Fun Ways to Make Life Healthy

Get ready to visit the Healthy Living Expo on Friday, January 20, from 9:00 a.m. to 3:00 p.m., and Saturday, January 21, from 9:00 a.m. to 5:00 p.m. at the Knoxville Convention Center. The expo features an array of food samplings, free health checks, and fun fitness activities for East Tennesseans of any age.

Seniors (age 55-plus) are honored on Friday with free admission. Visitors will love the Healthy Living Kitchen Stage and food sampling pavilion sponsored by Food City. The pavilion will have a variety of vendors providing samples of healthy food choices.

The Healthy Living Expo also offers seniors

the chance to try new fitness activities. Popular fitness craze Zumba® Gold and Zumba® Toning will be featured on Friday, along with dance demonstrations and other fun activities to keep life active.

The Healthy Living Expo will distribute printed and e-mail tickets to senior centers and senior programs upon request; please contact expo staff at 851-8141. Also, Community Action Committee (CAC) is providing FREE transportation upon request to the Expo on Friday, January 20, from Knox County senior centers. Please contact your senior center for additional information.

Improving your health practices is not an overnight process, no matter what your age. Visitors to the Healthy Living Expo will be surrounded by people with the same mindset and focus on becoming a better, healthier version of themselves. With more than 100 companies and organizations offering information, health screenings, food samples, games and exhibits, seniors—and their families—will find the resources and assistance needed to improve upon their own unique health journey.

For more information, contact Healthy Living Expo, (865) 851-8141, or visit the web site: www.TheHealthyLivingExpo.com. ❁

New Program: *Living Well with Chronic Conditions*, Begins January 24. Free, and Open to All Ages. Register Now!

Living Well with Chronic Conditions

A new six-week program in Knox County to serve, support, educate, and encourage people with chronic conditions. People of all ages are invited, as well as friends and family members of persons with chronic conditions.

Dates: Tuesdays, Jan. 24-Feb. 28

Time: 1:30 p.m.-4:00 p.m.

Location: Provided when you register

Cost: Free, but you must register.

Register now for this exciting new opportunity to learn to not just live but to live well with a chronic condition. Call 524-2786 to register.

Nobody wants to have a chronic long-term illness. Unfortunately, most of us will experience one or more of these conditions during our lives. The Office on Aging has recently learned about a program called “Living Well with Chronic Conditions” that helps people learn how to take charge of their own health and better manage their chronic disease. Research has proven that people who participate in the program generally report that they feel better, feel more in control, and able to do more of the things they want to do.

The Living Well with Chronic Conditions Program is a six-week group education workshop that meets once a week for two –and-a-

half hours for individuals with chronic diseases and conditions. This program teaches people the practical skills they need to live well with chronic health conditions such as anxiety, arthritis, asthma, chronic bronchitis, chronic pain, cancer, depression, diabetes, heart disease, hypertension, multiple sclerosis, muscular dystrophy, obesity, stroke-related impairments, and many more. Through the weekly sessions, the workshop provides support for continuing normal daily activities and dealing with the emotions that arise from having a chronic disease. If you or someone you care for has one of these conditions, the Living Well with Chronic Conditions Program can help you take charge of your life and stop your condition from controlling your life.

Workshops are fun and interactive. Participants share their successes and build a common source of support. The workshop builds confidence around managing health, staying active, and enjoying life. Family and friends are also welcome to attend the workshop.

The Living Well with Chronic Conditions Program can help people with chronic conditions make the most of their medical care and communicate more effectively with their health-care providers. The workshop content complements ongoing programs or medical treatment. It is designed to enhance regular medical treatment and disease-specific education. For people

with more than one health problem, this program is especially useful because it teaches skills that help them address the challenges of living with multiple conditions.

The next six-week Living Well workshop will be held on Tuesday afternoons, 1:30 p.m. to 4:00 p.m., from January 24 to February 28. If you are interested in participating in the program, please call the Office on Aging at (865) 524-2786 for additional information, including location. There is no charge for the program, but space is limited, so register now.

The Office on Aging also needs volunteers to be trained as workshop leaders. If you are interested in volunteering to be a workshop leader, please call the office at the number above. ❁

Topics Covered Include:

- Managing pain, fatigue, depression, and frustration.
- Improving and maintaining health with appropriate exercise.
- Wise use of medication.
- Effective communication with health-care providers, family, and friends.
- Healthy Eating.
- Problem Solving.
- Evaluation of new treatments.
- Setting reachable goals

Seniors: Protect Yourself from Prescription Drug Theft & Abuse

Council on Aging meetings

Time: 2:00 p.m.

Place: O'Connor Senior Center,
611 Winona Street

Dates: January 12 and February 9. This is the January program information. See page 12 for the February meeting topic.

Prescription drug abuse is a growing national problem that is impacting older adults in Knoxville and across the state of Tennessee. Adults over 65 consume more than 30 percent of all prescriptions and take between two and seven medications daily. Of those seniors with prescriptions, 12 to 15 percent develop a substance abuse problem. Not following the instructions on the prescription label, mixing or forgetting to take medications, and not asking for assistance put seniors at high risk for abuse.

Plan to come on Thursday, January 12 at 2:00 p.m. to the O'Connor Center to hear

Heather Sutton, media relations and project director for the Metropolitan Drug Commission, speak about how prescription drug abuse affects seniors and their families.

Senior adults are often victimized by those they trust most. More than 70 percent of people who abuse prescriptions get them from friends or family—often stealing them right out of the medicine cabinet. The culprits might even be their teenage grandchildren. According to the 2011 Knox County Youth Risk Behavior Survey, nearly one in five high school students have taken a prescription drug to get high at least once in their lifetime.

“More than seven million Americans abuse prescription drugs,” Sutton said. “These individuals come from all walks of life, all races, all genders and all backgrounds. I want to make seniors feel knowledgeable about this issue and learn how to protect themselves and their loved ones.”

She will also discuss the scope of the prescription drug epidemic, describe the health effects, and provide tips on reducing risk of abuse. Information on reporting suspected abuse and neglect of seniors also will be provided. Elder abuse includes stealing prescription medications from seniors.

The Metropolitan Drug Commission (MDC) is the only nonprofit agency in Knoxville that offers community-directed, family-driven, and youth-focused strategies to prevent substance abuse. Ms. Sutton oversees MDC's marketing initiatives and works closely with local leaders to mobilize the community.

If you are looking for an informative talk that focuses on a current issue of real importance to seniors, please plan to attend the Council on Aging meeting at the O'Connor Center, 611 Winona Street, on January 12.

Refreshments will be provided by Aid & Assist at Home. ❁

Mobile Meals Kitchen Roof Needs Repairs

Everyone in Knoxville remembers the stormy season of spring and summer 2011. We at the Office on Aging have a particularly unpleasant reminder of one of the storms in June that produced high winds and tornadoes that touched down along Western Avenue. Those storms caused major damage to the roof structure of the Mobile Meals Kitchen.

Fortunately, no one was injured, but the kitchen had to be evacuated immediately. The staff is very grateful that they were allowed to move in and share a kitchen with the Knoxville Convention Center from July until November 2011.

The Mobile Meals Kitchen staff are now working out of the kitchen at the Knoxville Convention & Exhibition Center, located underneath the Holiday Inn downtown, which will be their semipermanent home until they are able to return to the Mobile Meals Kitchen.

Volunteers who deliver Mobile Meals on a regular basis have also had to make quite an adjustment because of the kitchen's roof woes. Instead of going to the kitchen located at 1747 Reynolds Avenue to pick up meals and to return coolers, volunteers now go to the former Ross Learning Center, downstairs at the L. T.

Ross Building at 2247 Western Avenue.

“The volunteers and staff have really been troupers through all of the upheaval of moving our operations from the kitchen to other locations,” said Barbara Monty, director of the Office on Aging. “Everyone deserves hearty congratulations, for their patience, for their perseverance, and for keeping the program running, without missing a single day of producing more than 1,800 meals for Mobile Meals seniors under very difficult conditions.”

Part of the cost of repairs (total estimated at about \$600,000) will be covered by insurance and part by FEMA, the Federal Emergency Management Agency. However, there will be many costs that will not be covered.

“We estimate that an additional \$150,000 will be needed to get the kitchen operating again,” Monty said. “The community has really gathered around us, and we really appreciate it. Already, donations have been coming in to help with the additional costs of repairing the kitchen.”

If you would like to help, please consider sending a donation to the Mobile Meals Kitchen Roof Fund, P.O. Box 51650, Knoxville TN, 37950-1650. ❁

Want to Help a Senior Out? Become a volunteer driver today!

The CAC Office on Aging is in need of volunteers to drive Knox County seniors and people with disabilities to medical appointments, shopping errands, and other activities. If you have as little as two half-days a month to spare and a desire to help people maintain their independence, please consider this exciting opportunity to serve. You can count on comprehensive training, ongoing staff support, and the genuine appreciation of your rider.

Help seniors and people with disabilities maintain their independence!

Contact the program at **524-2786** for more information about becoming a volunteer.



Senior Companion Training Begins Soon

“Senior Companions are a different kind of volunteer,” said Deisha Finley, manager of the Office on Aging’s Senior Companion Program. “They commit to volunteering for 20 hours a week, week in and week out. Their dedication is inspiring.”

The main purpose of the Senior Companion Program is to help frail seniors remain in their homes and out of institutions. This is possible because of the special group of volunteers—the Senior Companions—who go out every weekday to spend time with older adults who want companionship and need a little help with activities such as meal preparation and personal care.

“Companions help frail seniors remain in their homes as long as possible and still maintain their pride and dignity,” Finley said. “Because the program fills such a needed place in senior services, there is always a waiting list and we always need more volunteers.” There is no charge to clients of the program, but there are about 200 people on the waiting list. Currently, 80 Senior Companions in Knoxville serve 185 clients.

A new Senior Companion training class will begin soon. To become a Companion, a person must be at least 55 years old, a resident of Knox County, and have at least 20 hours a week free in which to volunteer as a Companion. To learn more about the program, call (865) 524-2786.

Senior Companion volunteers receive an hourly stipend, transportation expenses, and a small lunch reimbursement. None of these program benefits endanger any other government benefits that they might receive (such as rent subsidy, food stamps, SSI, disability, etc.).

There are other important rewards of being in the program: many Companions have a renewed sense of purpose for getting up in the morning; they feel useful and needed again; and they have the satisfaction of knowing that they are making a vital contribution to the community. ❁

One Call Does It All!
524-2786



The Office on Aging’s One Call Club is an excellent resource that helps area residents keep their homes in good repair, keep themselves healthy, avoid scams, and live healthier and safer in their own homes for as long as they wish. This membership program costs only \$50 per year to join and connects people age 50-plus 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.

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. ❁

- Access to prescreened service providers
- Discounts on services
- Free weekly grocery trip
- Access to staff 24/7
- Free home safety assessment

www.knoxseniors.org/onecall

Share the Warmth With Project Help This January

Donate with KUB bill; give at Food City, Home Federal, or recycle at Pilot

Do something heartwarming this winter: Help your neighbors in need stay warm by giving to Project Help, an emergency heating-assistance program administered by the Knoxville-Knox County Community Action Committee (CAC).

“A Project Help client may have an emergency need because of job loss, illness, injury, or disability,” said Cecelia



Waters, director of CAC Energy and Community Services. “We also help seniors struggling with the rising cost of living.”

Project Help buys electricity, natural gas, propane, heating oil, wood, or coal for people who can’t

afford to heat their homes. The program, which depends solely on donations and fundraisers, raised more than \$100,000 and helped 350 individuals and families this past year.

“We expect the need will be even greater this year,” Waters said. “Please help through our fundraisers or by making a donation. Even a \$1 monthly pledge or a small donation makes a big difference to families in need.”

Easy Ways to Give to Project Help

- ★ Donate with your KUB bill (see the back of your bill) or online at www.kub.org. You can make a one-time donation or a monthly pledge. KUB sends 100 percent of all donations to CAC.
- ★ Make a donation at area Food City stores or Home Federal banks during the Project Help fund-raiser January 3 through 28.

★ Mail a check to:

Project Help
P.O. Box 59017
Knoxville, TN 37950-9017

★ Recycle your newspapers for Project Help at participating the locations listed below (listed below, or see the Project Help page on www.kub.org for a list of recycling locations or other information about Project Help)

Pilot stores with Project Help recycling bins:
Rocky Hill, 7686 S. Northshore Drive
Cumberland Estates, 5800 Western Avenue
Copper Ridge, 8642 Maynardville Pike
Cedar Bluff, 421 N. Cedar Bluff Road.
Magnolia, 311 Morgan Street (parking lot at Magnolia and Morgan). ❁

O'Connor Senior Center Jan./Feb. Schedule

The O'Connor Center will be closed on
Monday, January 2, **New Year's Day**
Monday, January 16, **Martin Luther King Jr. Day**
Monday, February 20, **President's Day**

O'CONNOR SPECIAL EVENTS

As the New Year begins, there are many exciting things happening at the O'Connor Center. Mark your calendar and make plans to join your friends for the following special activities:

- Jan. 10 **Antique Appraisal Fundraiser**
- Jan. 10 **Harrah's Trip**
- Jan. 14 **Snow Ball Dance**
- Jan. 23 **Women's Health in the New Year**
- Feb. 6 **Super Bowl Health Plan for Men Only**
- Feb. 7 **Harrah's Trip**
- Feb. 11 **Valentine Dance**
- Feb. 21 **Pancake Fest—NO CENTER PROGRAMS**
- Feb. 28 **SCL BBQ**

JANUARY/FEBRUARY PROGRAMS

- AARP Chapter 85 Board Meeting**, 1st Wed., 11:00 am.
- AARP Chapter 85 Meeting**, 3rd Wed., 1:30 pm.
- AARP Driver Safety Program**, Wed. & Thurs., Jan. 18 and 19. Please call Carolyn Rambo at 584-9964 for info and to register for the refresher courses.
- Arthritis Foundation Exercise—Advanced**, Tues. & Thurs. Exercise with advanced physical exertion. \$2/class.
- Arthritis Foundation Exercise—Basic**, Tues. & Thurs. Seated exercise with limited physical exertion. \$2/class.
- Antique Appraisal Fundraiser**, Tues., Jan. 10. John Coker is volunteering his appraisal skills on a first-come, first served basis to look at our treasures and raise money for the Center! Cost is \$10 per item, or \$25 for 3 items.
- Ask-A-Pharmacist**, Wed., Jan. 11, & Thurs., Feb. 9. Talk one-on-one with a Walgreens pharmacist!
- Bingo**, Wed. Bring a new \$1-\$2 gift for a prize. \$1 donation appreciated.
- Blood Glucose Checks**, Thurs. 12-hour fast recommended; sponsored by Accu-Chek. \$1.50/check.
- Blood Pressure Checks**, Mon. through Fri., 10:30 am.-11:30 am. Tuesday checks by Quality Home Health Care.
- Camera Club**, 4th Mon., 10:00 am. All welcome!

Cards & Dominoes, Thurs. Informal playing; open to all. Friday cards will be Bid Whist. Just show up at 10:00 am.

Ceramics, Wed. Independent work; no instruction.

Computer Classes: All students must be preregistered to secure a spot. Lab is open on Wed. at noon.

The following two classes are one day of instruction. Costs vary.

Valentine Cards: Jan. 25 or 26. Cost: \$20.

Facebook Class: Feb. 8 or 9. Cost: \$25.

The following classes are two days of instruction. Cost: \$30 for all.

Basic Class: Jan. 11 & 12.

Microsoft Word: Jan. 18 & 19.

E-mail Class: Feb. 1 & 2.

Basic Class: Feb. 15 & 16.

Excel Class: Feb. 22 & 23.

Creative Writers, meet the 2nd & 4th Mon. Learn how to "Tell your Story!" Please join us.

Diabetic Support, Jan. 13. Join us to learn about Diabetic Maps with the Knox County Health Dept.

Earth Science, Feb. 6. Come to learn about our world.

Financial Forum, Jan. 23 Jeff Headrick will discuss *What's New in Taxes*; on Feb. 27 he will discuss *Grandparent Gifting: 3 Ways to Leave a Legacy*.

Flower Lovers Garden Club, Thurs., Jan. 5 & Feb. 2. *Springtime Flowers*.

French, Tues. Practice conversation and grammar usage in a group setting. Newcomers are always welcome.

Homer Swingle Garden Club, Jan. 9 & Feb. 13—learn about preparing for springtime gardening.

Gift Shop, Open from 10:00 am to 2:00 pm. Great gifts!

Greenhouse, Wed., 9:00 am, Come help with greenhouse maintenance.

Grief Support Group, Mon. Pat Green, MSSW, Mercy Hospice, offers help dealing with the changes and stresses in life.

Happy Hikers, Thurs. New members are welcome. Groups meet at the Center as noted below, or at the trailhead at 10:00 am.

Jan. 12 Maddron Bald to Albright Grove, O'Connor, 8:30 am.

Jan. 19 Happy Hikers Annual Meeting, O'Connor, 10:00 am.

Jan. 26 East Lakeshore Trail, O'Connor, 8:30 am.

Feb. 9 Laurel Falls at Pocket Wilderness, O'Connor, 8:15 am.

Feb. 16 Halls Greenway.

Feb. 23 Husky Gap to Sugarland Mountain, O'Connor, 8:00 am.

Harrah's Trips, Jan. 10 & Feb. 7. Light refreshments at 7:30 am and departure is promptly at 8:00 am. Cost is \$30/person. Contact Jim or Frankie Hicks at 525-1475 for additional information.

Health and Humor, Wed. Join Nurse Claudia and other Center participants to learn and laugh together!

"JAM" Sessions, Fri. Join in an informal pickin'-n-grinnin' mountain music jam session.

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

JANUARY 2012 CALENDAR OF EVENTS

The following activities are recurring weekly events for **JANUARY 2012**

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
8:45 Sr. Adv. Cardio 10:00 Sr. Cardio 10:00 Party Bridge 10:00 Water Aerobics 10:30 Grief Support Group 11:15 Adv. Line Dance 12:30 Adv. Belly Dance 1:00 Fabric Painting 1:30 Intermediate Line Dance	9:00 Quilting 9:00 Tai Chi 10:00 Basic Arthritis Fdn. Exercise 10:00 French 10:00 Party Bridge 10:00 Pinochle 10:00 Tai Chi Set Review 10:00 Water Aerobics 11:00 Advanced Arthritis Fdn. Exercise 12:00 Conv. Spanish 1:30 Afternoon Dancing	8:45 Sr. Adv. Cardio 9:00 Greenhouse 10:00 Sr. Cardio 10:00 Ceramics 10:00 Painting 10:00 Party Bridge 10:00 Water Aerobics 12:00 Computer Lab 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 Knitting and Crocheting 9:00 Tai Chi 10:00 Basic Arthritis Fdn. Exercise 10:00 Cards & Dominoes 10:00 Tai Chi Set Review 10:00 Water Aerobics 11:00 Advanced Arthritis Fdn. Exercise 12:30 Beg. Belly Dance	8:45 Sr. Adv. Cardio 9:00 Woodcarving 10:00 Cards 10:00 Sr. Cardio 10:00 Water Aerobics 12:00 Conv. Spanish 1:00 Jam Session Billiards Room Open Monday-Friday 8:30 am-4:30 pm

The following activities are daily events for **JANUARY 2012**

2	3	4	5	6
Holiday Center Closed	9:00 Legal Assistance 12:00 Conv. Spanish 1:30 Tea Dance 	10:00 Painting Class Begins  11:00 AARP Board	12:30 Beg. Belly Dance Class Begins  2:00 Flower Lovers	12:00 Conv. Spanish 7:00 pm Friday Dance
9	10	11	12	13
9:30 Creative Writers 10:30 Grief Support 12:30 Adv. Belly Dance 1:00 Garden Club 	8:00 Harrah's Trip 10:00 Antique Appraisal 12:00 Conv. Spanish 	9:00 US & Global Economy 10:00 Ask-A-Pharmacist 10:00 Basic Computer Class 	8:30 Toenail Clipping 8:30 Happy Hikers 10:00 Basic Computer Class	10:00 Gift Shop Committee 12:00 Conv. Spanish
16	17	18	19	20
Martin Luther King, Jr. Holiday Center Closed	9:00 Legal Assistance 11:00 Low Vision Group 12:00 Conv. Spanish	9:00 Advisory Board 9:00 Property Tax 10:00 Microsoft Word Computer Class 12:00 AARP Driver Safety Class 1:30 AARP Chapter 85	10:00 Happy Hikers Annual Meeting 10:00 Microsoft Word Computer Class 12:00 AARP Driver Safety Class 12:30 With Hope in Mind	12:00 Conv. Spanish 7:00 pm Friday Dance
23	24	25	26	27
9:30 Creative Writers 10:00 Camera Club 10:30 Grief Support 12:00 Lunch & Learn 12:30 Adv. Belly Dance 1:00 Financial Forum 1:00 Market Group	12:00 Conv. Spanish	10:00 Valentine Card Computer Class 	8:30 Happy Hikers  10:00 Valentine Card Computer Class	10:00 Gift Shop Meeting 12:00 Conv. Spanish 7:00 pm Friday Dance
30	31			
9:00 Legal Assistance 10:30 Grief Support 12:30 Adv. Belly Dance	12:00 Conv. Spanish 			Blood Pressure Checks Daily from 10:30—11:30

The following activities are recurring weekly events for **FEBRUARY 2012**

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
8:45 Sr. Adv. Cardio 10:00 Sr. Cardio 10:00 Party Bridge 10:00 Water Aerobics 10:30 Grief Support 11:15 Adv. Line Dance 1:00 Ballroom Dance Class 1:00 Fabric Painting 12:30 Adv. Belly Dance 1:30 Intermediate Line Dance	9:00 Quilting 9:00 Tai Chi 10:00 Basic Arthritis Fdn. Exercise 10:00 French 10:00 Party Bridge 10:00 Pinochle 10:00 Tai Chi Set Review 10:00 Water Aerobics 10:00 Advanced Arthritis Fdn. Exercise 12:00 Conv. Spanish 1:30 Afternoon Dancing	8:45 Sr. Adv. Cardio 9:00 Greenhouse 10:00 Sr. Cardio 10:00 Ceramics 10:00 Painting 10:00 Party Bridge 10:00 Water Aerobics 12:00 Computer Lab 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 Knitting and Crocheting 9:00 Tai Chi 10:00 Basic Arthritis Fdn. Exercise 10:00 Cards & Dominoes 10:00 Tai Chi Set Review 10:00 Water Aerobics 11:00 Advanced Arthritis Fdn. Exercise 12:30 Beg. Belly Dance	8:45 Sr. Adv. Cardio 9:00 Woodcarving 10:00 Cards 10:00 Sr. Cardio 10:00 Water Aerobics 12:00 Conv. Spanish 1:00 Jam Session Billiards Room Open Monday-Friday 8:30 am-4:30 pm

The following activities are daily events for **FEBRUARY 2012**

		1 9:00 Income Tax Prep 10:00 Email Computer Class  11:00 AARP Board	2 10:00 Email Computer Class 2:00 Flower Lovers 	3 12:00 Conv. Spanish 7:00 pm Friday Dance
6 9:00 Legal Assistance 10:00 Earth Science 12:00 Lunch & Learn 12:30 Adv. Belly Dance	7 8:00 Harrah's Trip Departure 12:00 Conv. Spanish 1:30 Tea Dance 	8 9:00 Income Tax Prep. 9:00 US & Global Economy 10:00 Facebook Computer Class 	9 8:00 Happy Hikers 8:30 Toenail Clipping 10:00 Ask-A-Pharmacist 10:00 Facebook Computer Class	10 12:00 Conv. Spanish  11 7:00 pm Valentine Ball
13 9:30 Creative Writers 12:30 Adv. Belly Dance 1:00 Garden Club	14 11:00 Low Vision Group 12:00 Conv. Spanish 	15 9:00 Advisory Board 9:00 Income Tax Prep. 10:00 Basic Computer Class 1:30 AARP Chapter 85	16 9:00 Basic Computer Class 10:00 Happy Hikers 10:00 SCL Open House 2:00 With Hope in Mind	17 12:00 Conv. Spanish 7:00 pm Friday Dance
20 Presidents' Day Holiday Center Closed	21 7:00 Pancake Fest (No Programs will meet.) 	22 9:00 Income Tax Prep. 10:00 Excel Computer Class 	23 8:00 Happy Hikers 10:00 Excel Computer Class	24 12:00 Conv. Spanish 7:00 pm Friday Dance
27 9:30 Creative Writers 10:00 Camera Club 12:30 Adv. Belly Dance 1:00 Financial Forum 1:00 Market Group	28 12:00 SCL BBQ 12:00 Conv. Spanish	29		

FEBRUARY 2012 CALENDAR OF EVENTS

Knitting & Crocheting, Classes meet on Thurs. and are taught by Linda Costner. Open to all; help is available if needed.

Legal Assistance, Tues., Jan. 3 & 17; Mon., Jan. 30 & Feb. 6. Free legal advice **by appointment only**. Call 637-0484 to schedule a time to meet here at the O'Connor Center.

Low Vision, Tues., Jan. 17. Please join us at the O'Connor Center for lunch and a planning meeting. Tues., Feb. 14 group outing for a Valentine's lunch.

Lunch and Learn, Jan. 23. "**Women's Health in the New Year**" presented by Dr. Christopher Kimball from UT. This important presentation will highlight what every female should know about overall gynecological health for all ages. Please call 523-1135 to reserve your spot. Complimentary lunch is provided.

Lunch and Learn, Feb. 6 "**Super Bowl Health Plan for Men Only!**" Join Dr. Wesley White from UT as he discusses what every man should know about health screenings, prostate health, and the importance of good nutrition and exercise. Complimentary lunch provided. Call 523-1135 to register.

Market Group, Begin plans for May sale; required meeting.

Painting, Jan. 4 begins a 10-week Session. Join our own Ann Birdwell to learn how to paint with water, acrylic and oil paints. Please call to pre-register. Cost is \$40.

Pancake Fest, Tues., Feb. 21 with service to begin at 7:00 am and continuing until 1:00 pm. Come and join the fun while we raise funds for the O'Connor Center! Tickets are \$5 and includes the "All You Can Eat" menu and admission to other activities.

Party Bridge, Mon. through Wed. Call for information and to get on the substitute list.

Pinochle, Tues. Open to all; come and join in the fun!

Property Tax Advice, Wed., Jan. 18. Informative discussion of assessment, tax freeze, and appeal process; will have time for questions and answers.

Quilting, Tues. Lots of fun and fellowship while learning how to quilt; newcomers are always welcome.

SCL BBQ, Tues., Feb. 28. Spring semester begins with BBQ for registered participants only. SCL is a joint venture between the O'Connor Center and the University of Tennessee to promote personal development. Please call 974-0150 for registration information.

Senior Advanced Cardio, Mon., Wed., Fri. Covenant-led low-impact aerobic class; increased level of intensity and strenuous workout. \$2/class.

Senior Cardio, Mon., Wed., Fri. Covenant-led low-impact aerobic class; easy to moderate intensity. \$2/class.

Spanish: Conversational, Class meets Tues. and Fri. Improve communication skills, keep mentally fit, and learn through the study of a new language.

Tai Chi, Tues. and Thurs. Please call for information and to register for regular classes and set reviews.

Tax Preparation, Beginning the 1st Wed. in Feb., certified tax preparers will be at the O'Connor Center. Please bring last year's income tax return—1st come, 1st served.

Texas Hold 'Em Poker, Wed. Fun for both experienced and inexperienced card players. Cost is \$2/class.

Toenail Clipping, Thurs., Jan. 12 & Feb. 9, with Dr. Laurel Cook. Please call 523-1135 to schedule an appointment. Cost is \$12 but an appointment is required!

U.S. and Global Economy, Jan. 11 & Feb. 8. Dr. Tony Spiva brings latest info on today's world markets.

Water Aerobics, Mon.-Fri., 10:00 am. Classes held at the Cansler Family YMCA; please come to the O'Connor Center to complete paperwork prior to class. Cost is \$2/class.

With Hope in Mind, Jan. 19 & Feb. 16. Be encouraged as Carolyn Jones leads the group.

Woodcarving, Fri. Open to all. Personal instruction available if you need help.

DANCES & DANCE CLASSES

Dancing is an excellent way to relax and de-stress, and it can burn more calories than riding a bike or swimming!

Advanced Line Dance, Mon. For those who have previous experience in line dancing. Cost: \$2/class.

Beginner Line Dance, Wed. Class is for the true beginner. Class begins Jan. 11. Cost: \$2/class.

Belly Dancing, Mon. & Thurs. Belly dancing is wonderful exercise! Classes begin at 12:30. Cost is \$2/class.

Intermediate Line Dance, Mon. Class is for those with past experience; cost is \$2/class.

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. Dances begin at 7:00 pm and are open to all seniors.

Friday Night: Jan. 6, 20, 27, & Feb. 3, 17 & 24.

Saturday Night: Jan. 14, Snow Ball; Feb. 11, Valentine Ball.

Tea Dance: First Tues., Jan. 3 & Feb. 7. Join friends for good music, refreshments, and fellowship!

Afternoon Dancing: Each Tues. Informal dance time.

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 October and November 2011

Gifts to the Center from...

Jim & Frankie Hicks

Seniors for Creative Learning

Gifts to the Center in memory of Lloyd Strange from...

Betty Kelly

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 October and November 2011.

Barbara Abner
Charles & Jean Adams
Anonymous (11)
Chris Austin
Charles Barber
Ronald & Jeanne Beatty
Beaver Creek Cumberland Presbyterian Church,
Searchers SS class
Margaret Blombach
Willard & Joyce Brown
Dean & Cindy Campbell
Kathy Chism
Church of the Savior,
United Church of Christ
Lauri Lee Claxton
Peg Donovan
Don & Nancy Dunning
East Tennessee Fdn.,
Pferrer-Liles Fund
East Tennessee Fdn.,
Office on Aging
Endowment Fund
Robert & Emily Emery
Farragut High School
Farragut Presbyterian Church
Farragut Rotary Club
First Presbyterian Church
Earl Graham
Julius Gregg
Mildred Gregg
J. M. & Patti Henard
Mark & Sally Hester
Hillcrest UMC, UMW

Leo Holloway, Jr.
David & Janice Ishee
Kiwanis Club of Norwood
John Lackey, Jr.
Marie Ledgerwood
Mr. & Mrs. James Lovell
David & Rhonda McClurkin
Meridian Baptist Church,
Ed Arnett SS class
Meridian Baptist Church,
Ready SS class
Marie Norman
Old North Knoxville, Inc.
Marie Perelman
Carol Perkins
Victor & Carol Petit
Pilot Corp. Employees
Jeans Day
John & Sarah Rummage
Kendall Russell
George & Cheryl Sanders
Second Presbyterian Church
William Shanks
St. George Greek Orthodox Church,
Philoptochos Society,
Sts. Mary and Martha Chapter 5036
Louis & Betty Thacker
John & Dorothy Thomas
Joe & Elizabeth Thompson
J. C. & Opal Turnmire
U.S. Express, Inc.
Don & Sharon White
Lynn & Judy White
Linda Williams
Charles & Kathryn Wood
Carla Wyrick

In Honor or In Memory...
In Honor of JoAnn Buchanan
Northgate Terrace residents

In Memory of Marion Bugg
William Bugg

In Memory of Betty & Arthur Butler
Nancy Cooper

In Memory of Kenneth Cassell and In Honor of Laura Cassell Swisher & family
Linda Hendrick

In Memory of Jeanette Ciecwiwa
Susan Suter

In Memory of Jim & Bobbie Collier
St. Paul United Methodist Church

In Honor of Mary Fredna Danford
Jason & Sarah Smartt

In Memory of Edith Earls
Anonymous

In Memory of Rob Goettsch
Nancy James

In Memory of Paul & Hattie Frye
Rebecca Frye

In Memory of Grandmother
Anonymous

In Honor of Grandmother
Kenny & Tina Phillips

In Memory of Elsie Gray, Margaret Orr, & Joseph Orr
Mr. & Mrs. Thomas Ayres

In Honor of Henry T. Harris
Felicia Harris Hoehne

In Honor of Katherine
Anonymous

In Memory of Otto Kopp
Helen Kopp

In Memory of Kenneth Mills
Vivian Mills

In Memory of Ray M. Rutherford, Hollis C. McPhetridge and W. Grant Bright
Rutherford & Company, PLLC

In Honor of Gordon & Nancy Thomas
Charles & Wilma Chadwell

In Memory of Janet Walker
Cecil & Lucille Campbell, Jean Gleming, Larry Hermann, Virl Huskey, Bess Lay, Phyllis Neal, and Lois Underwood

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 (4)
Eleanor Barker
Mr. & Mrs. Thomas Bell
Peter J. Biasella
Ronnie & Mary Carroll
Chick-fil-A at Kingston Overlook, Turkey Creek & Knox Central Church of The Good Samaritan
Farragut Presbyterian Church
First Farragut United Methodist Church
Clestone & Emily Jones
Kimberly-Clark
Richard Ledyard
McAlister's Deli
Mesa Associated, Inc.,
Engineers & Consultants
Ken & Barbara Monty
Rogers & Marjorie Penfield
Quality Bakery Products, LLC
Natalie Robinson
Ann Schueler
Shiloh Presbyterian Church
St. Elizabeth's Episcopal Church
Hudson & Mary Topping
Victory Chapel Baptist Church
West Knoxville Rotary Club
Westminster Presbyterian Church

In Honor or In Memory...
In Honor of Aggie Bell
Thomas Bell

In Memory of George I. Cathers
Arthur R. Cathers

In Memory of Alvin Horne
Horne Properties

In Memory of Mr. & Mrs. J. Randall Moody
Wanda L. Moody

In Memory of George & Connie Neldner
Dr. Tara Burnette

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

In Memory of Andrew J. Smith
Anonymous (2)

Two Seniors for one year
First Baptist Church,
Pastoral class
Thrivent Financial for Lutherans, Knox Co. TN Chapter
James Maier

In Honor or In Memory...
In Memory of William Luther Carver
FSRMC, Case Mgt. Dept.

In Memory of Mary M. Goodman
Margaret Goodman

Three Seniors for one year
Babcock & Wilcox
Technical Services
Y-12, LLC
East Tennessee Chapter IFMA
East TN Foundation,
Packard Fund
First Farragut United Methodist Church
Jimmy's Original
Southern Pub
Mr. & Mrs. J. W. Lee
Messiah Lutheran Church & Thrivent

In Honor or In Memory...
In Memory of Elsie Gray, Dr. Joseph Orr & Margaret Orr
Murray Ayres

Four Seniors for one year
Akima Club

Six Seniors for one year
The Haslam Family Foundation, Inc.
Messiah Lutheran Church

11 Seniors for one year
East Tennessee Fdn.,
Mount Rest Home Fund

12 Seniors for one year
Anonymous

15 Seniors for one year
Kimberly-Clark,
Knoxville Administrative Center

32 Seniors for one year
Anonymous

79 Seniors for one year
Knoxville News Sentinel,
Empty Stocking Fund

Contribution Notes

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

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

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

If you have questions about making a contribution to any program of the Office on Aging, call (865) 524-2786.

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 October and November 2011.

CHIPS (Computers for Homebound & Isolated Persons)
Sam Beall

Knox PAWS (Placing Animals With Seniors)
Anonymous (2)
Banfield Charitable Trust
Donna Heffner
Amy Rector

In Honor or In Memory...
In Memory of Tommy Thorpe
Anonymous
Groundspeak
Shirley McColl & Lavonne Graves
Bill & Dianne Rauhuff

Mobile Meals
Anonymous (5)
Raymond Baldwin
Walter & JoAnn Beahm
R. & S. Brown
Builder's SS class
Virginia Caldwell
Colonial Heights UMC,
J. Ray Stuart SS class
Diana Cruze
Dunkin Donuts, Cedar Bluff & Kingston Pike
Dutch Girl Cleaners, Cedar Bluff
Jerry & Cindy Eisele
First Christian Church, Christian Women's Fellowship
Jack & Lisa Heck
Nancy James
Lake Forest Presbyterian
John McCarthy
Guenter Meurer
Oakwood Baptist Church, Homemakers SS class
Helen O'Connor
William Sharp
Smithwood Baptist Church, Joy class

3 Spoons Yogurt
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David & Carolyn Wells
In Honor or In Memory...
In Memory of Kenny Cassell
David Harris
In Memory of Quentin Gulley
Cove Point, Inc.
In Memory of Mary Frances Lindner
Sybil Bridges
In Memory of Ralph & Christine Smith
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In Memory of Retta Swenson
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The Sunrise Foundation

Jack Taylor
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Senior Companion Program
American Medical Works, Inc.
East TN Automobile Club
East TN Personal Care Service
George & Teresa Lucke
Ken Monty
In Honor or In Memory...
In Memory of Milas Stooksbury
Joyce Overton
Volunteer Assisted Transportation
James & Marian Goetze



OFFICE ON AGING ENDOWMENT FUND: The Gift That Keeps on Giving

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

Anyone can contribute to the Office on Aging Endowment fund. There is a minimum \$100 donation, and all contributions are tax deductible.

The East Tennessee Foundation can accept all types of donations, including securities, real estate, and tangible personal property with a verifiable value. People can also leave a gift in their wills for the Office on Aging Endowment Fund.

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

Mobile Meals Kitchen Roof Repair Fund Contributors

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East TN Foundation, Gordon & Nancy Thomas Fund
In Memory of Eddie Welch
Mr. & Mrs. David L. Daniels

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 **New Year's Day, Monday, January 2**, for **Martin Luther King Jr. Day, Monday, January 16**, and for **President's Day, Monday, February 20**. Mobile Meals participants will receive boxed lunches for all of these holidays.



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's goals are to increase public awareness, raise money, and recruit volunteers for the program. There is no obligation to attend every meeting; but the group appreciates new ideas and fresh perspectives. The group meets on the second Wednesday of each month at 1:30 p.m. The **January 11** and **February 8** meetings will be at the L.T. Ross Building, 2247 Western Avenue, downstairs at the temporary Mobile Meals Pick-Up Site. **Please note the new location** while the Mobile Meals Kitchen is undergoing repairs. You can call Mobile Meals at 524-2786 to confirm meeting dates, times, and location.



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. On **January 18**, the group will meet in the Multipurpose

Room, side A (**please note new location**) to hear Larry Brown discuss *Social Security & Disability Benefits: How to Navigate the System*. The program for the February 15 meeting had not been determined by press time. Call 546-6262 for information about this group or for February program info.



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. The **January 10** meeting will feature Jeanie Fox, from KUB, offering a mini-workshop on *Affordable Utilities*. She'll have tips, booklets, and handouts. The **February 14** meeting will be on the topic of *Caring from the Heart*. Refreshments are served. Registration for the caregiver meetings is not required but is appreciated so that the staff can ensure having enough refreshments and materials on hand. To register for the meetings, call 524-2786.



Save the date! On Thursday, February 16, from 8:00 a.m. to noon, Covenant Senior Health and RSVP will host Volunteer Management No. 7 at the John T. O'Connor Center, 611 Wintonia Street. This year's training opportunity for volunteer coordinators will feature *The Greatest Gift: Supporting Your Volunteer Staff*.



It's a new year and the opportunity to be a new you!

There are varied volunteer positions open that offer many rewards when you simply give a little of your time and share your skills and experiences to help someone. RSVP makes it easy, with an up-to-date list of requests for volunteers from local nonprofits. Call the RSVP staff to select a special spot. Senior volunteers enrolled with RSVP receive insurance while volunteering, newsletters, and recognition. Additional benefits are often available with the assignment. Look over the partial list below and call RSVP at 524-2786.

Knoxville is graced with many historical homes and museums. To help maintain their traditions and showcase their heritage for visitors, these attractions have many volunteer positions for greeters, docents, and gift shop volunteers, as well as needing volunteers for special events and planning committees. Free membership is one of the perks!

Try recycling to the consumer: Fix up small appliances, restock inventory, clean up collectibles, or help shoppers at local thrift shops. A great opportunity for men who have a few hours each week.

You might get to serve a former professional football player or a person with an interesting story, but whatever the case, they do not drive and are dependent on assisted transportation to get around. This unique service has a great training program, requires only eight committed hours per month, and benefits – including driving an agency car.

Other opportunities: volunteer at special events or on a committee, read to or visit with a resident in assisted living, greet people at health facility waiting rooms, volunteer in hospital gift shops, do clerical work, and more.

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.

Office on Aging Director: Barbara Monty

Editor: Kathy Burke

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*Senior Day at Healthy Living Expo, Jan. 20, page 2 * Living Well with Chronic Conditions, page 2
Mobile Meals Kitchen Roof Repairs, page 3 * O'Connor Senior Center Schedule, pages 5-8*

Discharge Planning Before Your Planned Hospital Stay Is Vital

Council on Aging meetings

Time: 2:00 p.m.

Place: O'Connor Senior Center,
611 Winona Street

Dates: **January 12** and **February 9**. This is the February program information. See page 3 for the January meeting topic.

Preparing for a planned hospital stay or procedure can often be a very confusing or scary experience. There are many things you should ask about in advance and during your hospital stay. In addition to discussing specific tests and medical procedures with your physician, it is also important to take charge of your discharge planning even before you are admitted to the hospital.

Mark your calendar and join the Council on Aging on Thursday, February 9, at 2:00 p.m. at the John T. O'Connor Center to hear Teresa

Fugate, vice president for case management services at Covenant Health, talk about preparing for your hospital discharge before you are admitted to the facility.

Fugate will discuss issues to consider in discharge planning, such as the need for therapy services or skilled nursing home care, the resumption of normal activities, special equipment needs, changes in diet and foods to limit or avoid, transportation during recovery, help coping with the illness or recovery, how medications and services will be paid for, and community services that can assist with a patient's recovery.

In addition, she will discuss the importance of asking questions and getting answers. Patients should be sure they know their diagnosis. Family members and patients should feel free to remind

hospital staff and visitors about the need for frequent hand washing.

Fugate has a degree in nursing and a bachelor's degree in business administration from Montreat College in North Carolina. She has been certified in case management and health-care quality since the 1990s. She was a senior management consultant at Pershing & Yoakley Associates in Knoxville before joining Fort Sanders Regional Medical Center as director of case management. As vice president of case management

services, she directs case management services for Covenant Health's six healthcare facilities in East Tennessee.

Please come to the February 9 Council on Aging meeting for this informative talk about hospital discharge planning.

Refreshments will be provided by Comfort Keepers. *

