

## NEW SENIOR SERVICE DIRECTORY AVAILABLE NOW

*THE 22ND EDITION IS HOT OFF THE PRESS!*

For more than 40 years, the Office on Aging has provided the Knox County community with a valuable tool for finding information on topics of interest for seniors, their families, caregivers, and professionals. The Senior Service Directory, also known as the “little yellow



book,” is updated every two years to make sure the information is current and accurate. The 22nd edition is now available to anyone who wants it, free of charge, thanks to our generous sponsors. Like the book? Be sure to thank our sponsors!

### Where can I find the Senior Service Directory?

The directories are distributed to hospitals, libraries, senior centers, churches, civic groups, sponsor’s offices, and at the Office on Aging (located at the Ross Building, 2247 Western

Avenue). It is also available online 24/7 at [knoxseniors.org](http://knoxseniors.org).

### I have friends and neighbors that could really use this. How many books can I receive?

If you have a group that could use the new edition of the directory, you can pick up a box or a half box, depending on your needs. There are 24 copies in each box. Call us at 865-524-2786 if you would like to pick up books at our office. We will provide curbside service. Office hours are Monday – Friday, 8 a.m. – 4:45 p.m. ■

## GET VACCINATED!

As we slowly return to a new normal, we want to encourage everyone who is able to get the COVID-19 vaccination. This will help protect you, your neighbors, friends, and loved ones.

To locate a vaccine clinic near you, visit [www.vaccinefinder.org](http://www.vaccinefinder.org) or call the Knox County Health Department at 865-215-5555 for an appointment.

## MOBILE MEALS CELEBRATES 50 YEARS OF SERVICE

*Half a Century of Bringing Food and Hope*

**SAVE THE DATE! A very special celebration is being planned for Thursday, September 16, 2021.**

Watch for updates in the next issue of Elder News and Views and on our website and Facebook pages.

While you’re on the Mobile Meals Facebook page, check out our “Throwback Thursday” (TBT) posts as we take a nostalgic look back at 50 years of service each week.



### CALL FOR MEMORABILIA

If you have a photo or article you’d like to share with us please do! We need you to help us tell our story. In addition to the weekly TBT posts, we will be compiling a chronological gallery showing the timeline of Mobile Meals accomplishments and celebrating how we’ve changed.

If you have any items of interest to help us share the stories, moments of joy, and the history behind Mobile Meals, email Shelly at [shelly.woodrick@knoxseniors.org](mailto:shelly.woodrick@knoxseniors.org) or send to P.O. Box 51650 Knoxville, TN 37950 attention: Shelly Woodrick. Materials will be returned to you upon request. ■

## THANK YOU TO OUR PANCAKE FEST SPONSORS

The O'Connor Senior Center hosted their Annual Pancake Fest on Friday, April 16, 2021. Although this year was done a bit differently, the support from our community proved to be continuous. Another successful year in the books! The O'Connor Center Advisory Board and Staff would like to express their gratitude to everyone who made this event a success.

### FULL STACK SPONSOR



Seniors Helping Seniors®  
THE POWER OF LOVE®

### HALF STACK SPONSOR



### FOOD SPONSORS

Morning Pointe Assisted Living & Memory Care  
Oakwood Senior Living  
Three Rivers Market  
Aubrey's Restaurant

### PANCAKE FEST VOLUNTEERS & SUPPORTERS

AmeriCorps Seniors Programs  
City Mayor Indya Kincannon and Elected Officials

County Mayor Glenn Jacobs and Elected Officials  
Dunkin Donuts  
Eddie & Carlene Terry  
Eddie and Carolyn Acuff  
Jeff Jarnigan and Cumulus Media  
John & Gail Pope  
Likewise Coffee  
Mobile Meals Kitchen Staff  
O'Connor Center Advisory Board

O'Connor Center Staff & Participants  
O'Connor Jam Band  
O'Connor Volunteers  
Pete Garza & Rise Above Crime  
Volunteer Assisted Transportation  
Walgreens Pharmacies  
WATE  
WBIR  
WVLT  
Charme Allen  
Senator Becky Massey

Senator Richard Briggs  
Office of Senator Marsha Blackburn  
Susan Viera, Franklin & Kyle Elder Law  
Andrew Scruggs, Always Best Care Senior Services  
Office of Senator Bill Haggerty  
Representative Dave Wright  
Representative Eddie Mannis

## THANK YOU TO OUR GOLF TOURNAMENT SPONSORS

The O'Connor Senior Center held its annual Golf Tournament at Three Ridges Golf Course on Friday, June 11, 2021. Proceeds benefit the O'Connor Senior Center.



### Presenting Sponsor

Premier Services Group, Inc.

International Discount Investors, Inc.  
Long, Ragsdale, & Waters, P.c.

### Benefactor Sponsors

Home Federal Bank  
NHC Place Farragut

Mac's Pharmacy  
Wilson Food Service

### Refreshment Carts

Family Home Care Services  
Life Care Center of Blount County

### Patron Sponsors

Care Patrol of East Tennessee  
Computer Systems Plus  
Greg O'Connor

### Breakfast Sponsor

East Tennessee PBS

### Scoreboard Sponsors

Centriworks

### Lunch Sponsor

Oakwood Senior Living

### Golf Ball Sponsor

Mac's Pharmacy

### Hole Sponsors

101 Mobility  
Always Best Care Senior Services  
Bo & Jackie Williams  
Bob & Renee O'Connor  
*In Memory Of Red & Libb Kidd And Charlie & Jeanne O'Connor*  
Business Graphics & Services

Dan Green, Realty Executives  
Elder Law of East Tennessee  
Geddes Family  
Herbanna Dyer  
Home Federal Bank  
Jane O'Connor, Scott & Eileen Van Fleet and Mike & Marie Ensley  
*In Memory of Chris O'Connor and Martha Canfield*  
Kelsan

Medicall Home Care  
O'Connor Center Advisory Board  
Thode Investment Consulting Group of Wells Fargo Advisors  
Trinity Hills of Knoxville  
TVA Employees Credit Union  
United Healthcare  
Vinyard Floor Covering Company, Inc.

### Door Prize Sponsors

Applebees, Knoxville Center Dr. Location  
Ashe's Wines & Spirits  
Fisher Tire  
Home Federal Bank  
Johnson Home Services

Logos Etc.  
Michael Peters Home  
NHC Place Farragut  
O'Connor Center Advisory Board  
Proper Popcorn  
Senior Citizens Home Assistance Service, Inc.  
Sparkling Image Car Wash  
The Cottage Door Interiors  
Three Ridges Golf Course  
Zip Car Wash, Bearden

### Team Sponsors

Premier Services Group, Inc.  
Tool Experts, Inc.  
Sanders Property

# THE OFFICE ON AGING RECEIVES SUPPORT FROM COMCAST TO INCREASE DIGITAL LITERACY

The Office on Aging is partnering with Comcast on efforts to increase digital skills and access for older adults in Knox County. We are thrilled to share that we were a recent recipient of a Comcast NBCUniversal Community Impact Grant to assist with digital access and training. Through this opportunity, we will be able to support 100 older adults to increase their digital skills through participation in our Digital Inclusion for Seniors program.

The O'Connor Senior Center is also partnering with Comcast to provide access to their new Lift Zone program. The partnership supports the efforts of hundreds of nonprofit partners seeking to provide safe spaces for individuals to access the internet in order to stay connected to resources and engaged socially and safely. With the help of the new Lift Zone, we are able to provide free internet connectivity and also access to hundreds of hours of educational and digital skills content to help older adults navigate the internet. For the O'Connor Senior Center, this means we can offer this accessible internet to more older adults at once and even reach individuals

who are parked in their cars in the parking lot.

In providing the Lift Zone at the O'Connor Senior Center, we are providing access to resources that are often unavailable or difficult for some older adults to utilize. With having vast internet capabilities at an accessible location designed to support older adults, our facility is able to extend our resources and serve our community in a way that is often times overlooked. While in the facility, we can help older adults connect to the network and utilize the Wi-Fi to work on their tablets, phones, or laptops. This on-site support provides an atmosphere where older adults can feel more comfortable using new equipment with the support of staff, volunteers and friends who are willing and able to answer their questions and they can develop their skills with technology.

Comcast also provides an Internet Essentials program, where qualifying older adults can receive a discount on high-speed home internet access, providing quality service at an affordable price. For \$9.95 per month plus tax,



individuals can receive greater internet access to job opportunities, healthcare and benefits, education resources, entertainment, and more. Individuals who qualify for programs including LIHEAP, Medicaid, Public Housing Assistance, SNAP, SSI, TANF and VA

Pension may be eligible to receive in-home Wi-Fi with no contract, no credit check, and no installation fee.

To learn more or get connected, call the Office on Aging at 865-524-2786 or email [knoxooa@knoxseniors.org](mailto:knoxooa@knoxseniors.org). ■

## THE OFFICE ON AGING SENIOR EMPLOYMENT SERVICE OFFERS FREE TABLET CLASSES.

Classes begin in Fall 2021. Call 865-524-2786 for information and to register.

# THANK YOU TO OUR 2021 DUNCAN AWARDS SPONSORS

### RED RIBBON SPONSORS

Medicare Insurance Advisors  
Hunter Valley Farm  
Arbor Terrace

### FOOD SPONSORS

Morning Pointe Assisted Living  
& Memory Care

### GOLD LEVEL

Senior Citizens Home  
Assistance Service (SCHAS)

The Family of James R. Allen

### SILVER LEVEL

Quality Private Duty Care  
United Healthcare

### BRONZE LEVEL

NHC Farragut  
Alzheimer's Tennessee  
Bob & Maureen Stokes



Vivian Underwood Shipe & Family  
Community Award



Aaron Bradley & Family  
Professional Award

## THANK YOU TO OUR SENIOR JOB FAIR SPONSOR UNITED HEALTHCARE



# GRANDPARENTS AS PARENTS

Grandparents as Parents Program (GAP) addresses the unique needs of grandparents and family caregivers raising grandchildren whose parents are unable to care for them. GAP provides several different programs, support meetings, resources, and referrals to help families on their caregiving journey.



There are no age or income requirements to join this free program.

Call 865-524-2786 for more information.

### Grandparents as Parents Weekly Conference Call

A community guest speaker every week.

Tuesday mornings at 10 a.m.

Dial 1-844-855-4444 (toll free) or 1-978-990-5482

Access code: 1460466# ■

## O'CONNOR CENTER SCHEDULE - JULY/AUGUST

Classes and safety precautions are subject to change. For a list of current programming, visit us online at [knoxseniors.org/oconnor/](http://knoxseniors.org/oconnor/)

**The O'Connor Senior Center is now implementing select programming. Indoor groups may be limited capacity due to room size. Call the morning of to reserve your spot!**

While in the facility, staff and guests will be required to be temperature checked upon entry and wear a face mask during their stay. Please remember to check your temperature before leaving your home. Wear your mask to protect those around you. If you are experiencing any symptoms of sickness, please stay home and we would love to have you participate when you have been cleared by your physician.

Our Dine-A-Mite Diner remains closed at this time. For information on Meal Distribution, please contact Mobile Meals at 865-524-2786.

Call the Center at 865-523-1135 for confirmation that programs will be meeting and follow us on facebook. [com/oconnorseniorcenter](http://com/oconnorseniorcenter) for any additional announcements and virtual activities!

**The Center will be closed on Monday, July 5 for the Independence Day Holiday**

**\*\*PARTICIPANTS MUST CALL AHEAD AT 865-523-1135 TO RESERVE A PLACE**

**FOR PROGRAMS. CLASS SIZE IS LIMITED.\*\***

**Arthritis Foundation Exercise Program:** This exercise program is designed to help achieve improved joint mobility, muscle strength, and endurance in order to improve one's performance of their daily activities. We offer a Seated class and Standing class twice a week.

**Advanced Painting Open Studio:** These uninstructed open art sessions are a great way to hone those artistic skills or to just keep skills fresh in an art room setting. Open to students from the Wednesday painting class. For new comers, see Washable Oils Open Studio.

**Advanced Spanish:** conversar en español. In this advanced class you will learn how to take your beginner spanish to the next level. Learn and practice how to hold conversations in spanish.

**Beginner Painting Open Studio:** These uninstructed open art sessions invite participants to practice their beginner skills in an art room setting. Open to students from the Wednesday painting class. For new comers, see Tuesday Open Studio.

**Bingo:** Clickity Click, O 66! Everyone loves B-I-N-G-O! We will be playing weekly with guest callers and

special prizes. Call ahead to reserve your seat.

**Blood Pressure Checks:** Monday-Friday 10:30 am-11:30 am.

**Blood Sugar Checks:** Thursdays, 8:30 am, A 12-hour fast is recommended to insure a correct reading.

**Co-Ed Senior Softball:** A non-competitive league for FUN and EXERCISE. 55+ ladies, 60+ men, Tues & Thurs 9:00am - 11:00am April to October 29 at Caswell Park. For more information call John Schmidt 865-250-3065. Only a \$10 season fee.

**Creative Writers Workshop:** Classes for aspiring and experienced writers. There is a story in all of us!

**French:** j'aime tout le français. Ever wanted to learn French in a small friendly setting with opportunities to practice with your peers of a similar skill level? Join our French language classes every Tuesday.

**Fun Friday Movie:** Enjoy a weekly movie. Call for movie title or see listing in Knox News on the 1st and 3rd Sunday of the month.

**Happy Hikers & Thursday Walkers:** Hikes and walks are scheduled on the second, third, fourth and fifth Thursdays each month

except in November and December (check schedule for these hikes). Location and times for both groups are published in monthly newsletters. For information on how to join, please email [info@oconnorcenter.org](mailto:info@oconnorcenter.org).

**Jam Band:** A weekly chilled out Friday afternoon get-together for music lovers of all kinds! Anyone who plays an instrument, sings, or just likes to listen and dance will enjoy this jam session. All skill levels welcome.

**Knitting & Crocheting:** Peer instruction available for beginners.

**Line Dancing:** Intermediate, Beginner and Intro to Line Dancing in our auditorium. Call morning of to register!

**SAIL Exercise:** Stay Active and Independent for Life (SAIL) is a strength, balance, and fitness program for adults 50 and older. Exercises that target these areas is the most important activity adults can do to reduce their chances of falling. These exercises are designed by occupational and physical therapists and can be done seated or standing. Classes are donation-based.

**Senior Information & Referral Outreach:** Sara Mary Wallace with the CAC Office on Aging will be here to answer your questions and assist you with finding

resources and services to meet your needs. Sara Mary is a licensed Master Social Worker and Certified Information & Referral Specialist in Aging/Disability. You can also contact her at 865-546-6262 or by email at: [saramary.wallace@knoxseniors.org](mailto:saramary.wallace@knoxseniors.org).

**Senior Summer Carnival: FOOD, GAMES, MUSIC & PRIZES!!**

Friday, July 9, 10 am- 1 pm. For additional information or to register call us at 865-523-1135. This event is in partnership with Echo Ridge Senior Living.

**Toenail Clipping Clinic:** Are you having trouble cutting your toenails? We are here to help! We offer toenail clipping clinics every month. Call to schedule an appointment. Cost is \$12.

**Virtual Bingo:** Live virtual bingo every Thursday at 1:30 pm on Facebook Live! This is fun for everyone and we will be giving out prizes for the winners.

**Washable Oils Open Studio:** Keeping it simple! This is uninstructed time for washable oil artists new or seasoned to create something wonderful while in an art room setting.

**Woodcarving:** Peer instruction available for beginners.

## JULY 2021 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:00 am Knitting & Crocheting 9:00 am Co-Ed Softball 10:00 am Happy Hikers & Walkers 1:00 pm SAIL Exercise 1:30 pm Virtual Bingo	2 9:00 am Woodcarving 11:00 am Advanced Spanish 12:30 pm Fun Friday Movie 1:00 pm Jam Band
5 <b>CENTER CLOSED</b> <i>in observance of</i>  <b>Independence DAY</b>	6 9:00 am Co-Ed Softball 10:00 am Senior Information & Referral Outreach with Sara Mary 1:00 pm SAIL Exercise 1:30 pm Intro. Line Dance	7 12:00 pm BINGO 1:30 pm Beg. Line Dance	8 9:00 am Knitting & Crocheting 9:00 am Co-Ed Softball 10:00 am Happy Hikers & Walkers 1:00 pm SAIL Exercise 1:30 pm Virtual Bingo	9 9:00 am Woodcarving 10:00 am Summer Carnival 11:00 am Advanced Spanish 12:00 pm Flower Lovers Garden Club 12:30 pm Fun Friday Movie 1:00 pm Jam Band
12 1:30 pm Intermediate Line Dance	13 9:00 am Co-Ed Softball 1:00 pm SAIL Exercise 1:30 pm Intro. Line Dance	14 12:00 pm BINGO 1:30 pm Beg. Line Dance	15 9:00 am Knitting & Crocheting 9:00 am Co-Ed Softball 10:00 am Happy Hikers & Walkers 1:00 pm SAIL Exercise 1:30 pm Virtual Bingo	16 9:00 am Woodcarving 11:00 am Advanced Spanish 12:30 pm Fun Friday Movie 1:00 pm Jam Band
19 1:30 pm Intermediate Line Dance	20 9:00 am Co-Ed Softball 1:00 pm SAIL Exercise 1:30 pm Intro. Line Dance	21 12:00 pm BINGO 1:30 pm Beg. Line Dance	22 9:00 am Knitting & Crocheting 9:00 am Co-Ed Softball 10:00 am Happy Hikers & Walkers 1:00 pm SAIL Exercise 1:30 pm Virtual Bingo	23 9:00 am Woodcarving 11:00 am Advanced Spanish 12:30 pm Fun Friday Movie 1:00 pm Jam Band
26 1:30 pm Intermediate Line Dance	27 9:00 am Co-Ed Softball 1:00 pm SAIL Exercise 1:30 pm Intro. Line Dance	28 12:00 pm BINGO 1:30 pm Beg. Line Dance	29 9:00 am Knitting & Crocheting 9:00 am Co-Ed Softball 10:00 am Happy Hikers & Walkers 1:00 pm SAIL Exercise 1:30 pm Virtual Bingo	30 9:00 am Woodcarving 11:00 am Advanced Spanish 12:30 pm Fun Friday Movie 1:00 pm Jam Band

## RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Blood Pressure Checks</b> Monday—Friday 10:30 am-11:30 am	10:00 Seated Arthritis Exercise 10:00 French 11:00 Standing Arthritis Exercise 11:30 Washable Oils Open Studio	10:00 Advanced Painting Open Studio 12:00 Bingo 12:30 Beginner Painting Open Studio	8:30 Blood Glucose Checks 10:00 Seated Arthritis Exercise 11:00 Standing Arthritis Exercise	<b>Billiards Room Open</b> Monday—Friday 8:30 am-4:30 pm

## AUGUST 2021 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 9:00 am Co-Ed Softball 1:00 pm SAIL Exercise 1:30 pm Intro. Line Dance	4 12:00 pm BINGO 1:00 pm Brain Games 1:30 pm Beg. Line Dance	5 9:00 am Knitting & Crocheting 10:00 am Happy Hikers & Walkers 1:00 pm SAIL Exercise 1:30 pm Virtual Bingo	6 9:00 am Woodcarving 11:00 am Advanced Spanish 12:30 pm Fun Friday Movie 1:00 pm Jam Band
9 9:30 am Creative Writers 1:30 pm Intermediate Line Dance	10 9:00 am Co-Ed Softball 1:00 pm SAIL Exercise 1:30 pm Intro. Line Dance	11 12:00 pm BINGO 1:00 pm Brain Games 1:30 pm Beg. Line Dance	12 9:00 am Knitting & Crocheting 9:00 am Co-Ed Softball 10:00 am Happy Hikers & Walkers 1:00 pm SAIL Exercise 1:30 pm Virtual Bingo	13 9:00 am Woodcarving 11:00 am Advanced Spanish 12:30 pm Fun Friday Movie 1:00 pm Jam Band
16 1:30 pm Intermediate Line Dance	17 9:00 am Co-Ed Softball 10:00 am Senior Information & Referral Outreach with Sara Mary 1:00 pm SAIL Exercise 1:30 pm Intro. Line Dance	18 12:00 pm BINGO 1:00 pm Brain Games 1:30 pm Beg. Line Dance	19 9:00 am Knitting & Crocheting 9:00 am Co-Ed Softball 10:00 am Happy Hikers & Walkers 1:00 pm SAIL Exercise 1:30 pm Virtual Bingo	20 9:00 am Woodcarving 11:00 am Advanced Spanish 12:30 pm Fun Friday Movie 1:00 pm Jam Band
23 9:30 am Creative Writers 1:30 pm Intermediate Line Dance	24 9:00 am Co-Ed Softball 1:00 pm SAIL Exercise 1:30 pm Intro. Line Dance	25 12:00 pm BINGO 1:00 pm Brain Games 1:30 pm Beg. Line Dance	26 9:00 am Knitting & Crocheting 9:00 am Co-Ed Softball 10:00 am Happy Hikers & Walkers 1:00 pm SAIL Exercise 1:30 pm Virtual Bingo	27 9:00 am Woodcarving 11:00 am Advanced Spanish 12:30 pm Fun Friday Movie 1:00 pm Jam Band
30 1:30 pm Intermediate Line Dance	31 9:00 am Co-Ed Softball 1:00 pm SAIL Exercise 1:30 pm Intro. Line Dance			

## RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Blood Pressure Checks</b> Monday—Friday 10:30 am-11:30 am	10:00 Basic Arthritis Exercise 10:00 French 11:00 Adv Arthritis Exercise 11:30 Washable Oils Open Studio	10:00 Advanced Painting Open Studio 12:00 Bingo 12:30 Beginner Painting Open Studio	8:30 Blood Glucose Checks 10:00 Basic Arthritis Exercise 11:00 Adv Arthritis Exercise	<b>Billiards Room Open</b> Monday—Friday 8:30 am-4:30 pm

## CELEBRATING CENTENARIANS FOR OLDER AMERICANS MONTH

This year marked the 15th Anniversary of the Centenarian Flower Delivery program— an annual celebration of Knox County’s most senior Seniors! Started in 2006 by a local AARP Chapter, this program was taken over by the CAC Office on Aging in 2017 and has continued with the help of great partners like Food City and wonderful volunteers.

Every May, for Older Americans Month, staff and volunteers work to identify the individuals in Knox County who are 100 years-old or older. Each receives a lovely rose vase donated by Food City and delivered by a trusted Office on Aging volunteer. This year’s recipients also received a lovely hand-made greeting card from volunteers at Send Senior Citizens Love.

This year 13 volunteers made 33 deliveries to Centenarians throughout Knox County. Our oldest recipient will be turning 105 in June! From Mascot to Farragut, South Knox to Halls, folks are aging well in Knox County!

If you know a Knox County Centenarian to add to our list, please contact CAC’s Senior Information & Referral at 865-546-6262. ■



Charles “Ed” Weber turned 100 years old in April. Colin Cumesty, Fire and Life Safety Educator with the Knox County Fire Bureau, delivered flowers to him in his honor.

## SENIOR NUTRITION PROGRAM SPONSORS

In Mobile Meals’ Adopt-A-Senior program, you can provide Mobile Meals for a month, or more, for a homebound senior citizen for \$74 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, 865-524-2786. The following people and organizations contributed to Mobile Meals in April and May 2021.

- |                           |  |   |  |   |  |  |
|---------------------------|--|---|--|---|--|--|
| Anonymous (27)            | Abigail Wegman   | Sarah Smartt  | Carol Campbell                           | Presbyterian Church                                     | <i>In Memory of Aggie Bell</i>                 | Phil & Fran Keith  |
| Diana Amann               | Linda Williams   | <i>In Honor of Alexandra McDonald</i>                                       | Debbie Coyle                             | - Searchers Sunday School                               | George & Stephanie Wallace                     | <i>In Memory of Ralph &amp; Dot Merrell</i>  |
| Bob Andres                | Cheri Worthington  | Jacqueline Vanden Dorpel  | Carolyn Crawford                         | Farragut Presbyterian Church - Outreach Committee       | <i>In Memory of Aggie Bell</i>                 | Ron & Margie Collins   |
| Jarrold Arellano          | Colonial Heights United Methodist Church - J. Ray Stuart Sunday School Class | <i>In Memory of Charlie &amp; Jeanne O'Connor &amp; Herb &amp; Lib Kidd</i> | Alestairs & Maureen David                | Management Society, University of Tennessee             | WestChase HOA                                  | <i>In Memory of Natalie Levison Robinson</i>   |
| Claude Barnes             | Ray Stuart Sunday School Class   | Bob & Renee O'Connor  | Susan Doane                              | Merdian Baptist Church                                  | <i>In Memory of Faye Marie (Buckner) Bomar</i> | David & Susan Long   |
| Charles & Wilma Branner   | Smithwood Baptist Church - Joy Class   | <i>In Memory of Robert Schutt</i>   | Donald & Suzanne Freeman                 | Mount Olive Baptist Church - Eagles Sunday School Class | Rhonda Speed                                   | <i>In Memory of Natalie Levison Robinson</i>   |
| Ken & Debra Brock         |  | Joanne Schutt   | Scott & Sue Gibson                       | St. Elizabeth's Episcopal Church                        | <i>In Honor of Norm &amp; Ellen Bowen</i>      | Sara Rose  |
| Joyce Brown               |  | <i>In Honor of Ruth P. Sellers</i>  | Walter & Mary Hearnese                   |   | Anonymous                                      | <i>In Memory of Frances Swatzell and in honor of Angela &amp; Robert Lemmons' 26th Anniversary</i> |
| Andrea Charlton           |  | Charles & Christine Price   | Rodger & Virginia Herron                 |   | <i>In Memory of Roy Gaylon Buttry</i>          | James & Frances Swatzell   |
| Khann Chov                |  | <i>In Memory of Betty Thacker</i>   | Anne Hill                                |   | Henry & Lil Parr                               | <i>In Memory of Carolyn Lee Beard Truesdale</i>  |
| Gary Cooper               |  | Anonymous   | William & Patricia Hlopak                |   | <i>In Memory of Roy Gaylon Buttry</i>          | Ken Slaughter  |
| Johnny & Suzanne Darden   |  | <i>In Memory of Joanna Smith Venable</i>                                    | Donald & Christine Hohman                |   | Wyche Professional Association                 |  |
| Pete & Bobbie Denton      |  | Horais Family Gift Fund   | Paul & Glenda Houston                    |   | <i>In Memory of Pat Campbell</i>               |  |
| William Dixon             |  | <i>In Honor of Wynn Ware</i>  | David & Janice Ishee                     |   | Dan & Moira Ely                                |  |
| John & Sandra Gillis      |  | First Baptist Church - Wyndward Sunday School Class                         | Kalman Johnson                           |   | <i>In Memory of Steve Cox</i>                  |  |
| Marcia Gray               |  | <i>In Memory of Charles and Joyce Worthington</i>                           | Bruce and Lena Kennedy Family Foundation |   | James & Frances Swatzell                       |  |
| Lisa Hammer               |  | Cheri Worthington   | Robert Lee                               |   | <i>In Memory of Rose Evans</i>                 |  |
| Wendy L. Henderson        |  |   | Steven & Sara Miller                     |   | Anonymous                                      |  |
| Arlie & Kathleen Henry    |  |   | Vivian Moser                             |   | <i>In Memory of Dorothy Frost, my mother</i>   |  |
| Richard Humphrey          |  |   | Nancy Noble                              |   | Catherine Cooper                               |  |
| Robert Kemp               |  |   | Helen O'Connor                           |   | <i>In Honor of Jim Gormley</i>                 |  |
| Jo Learn & Candy Gentry   |  |   | Richard Pace                             |   | Daniel Edmunds                                 |  |
| Debbie Lowe               |  |   | Deborah Perry                            |   | <i>In Memory of Daryle Wayne Gross</i>         |  |
| David McCormick           |  |   | LaVon & Darlene Rickard                  |   | Patrick Bowland                                |  |
| Cynthia McLean            |  |   | Bob & Maureen Stokes                     |   | <i>In Honor of Johnnie Hoskins</i>             |  |
| Harry & Ruth McLeod       |  |   | Brad & Starr Suneson                     |   | W. H. & Patricia Miller                        |  |
| William & Diane Melton    |  |   | Laura Van Eps                            |   | <i>In Honor of Libba Jaco's birthday</i>       |  |
| Peggy Minge & Brian Sipe  |  |   | Peachy Wagner-Staley                     |   | Ben Jaco                                       |  |
| Katelyn Mull              |  |   | Larry & Chris Warren                     |   | <i>In Memory of Irma Keith</i>                 |  |
| Gloria Price              |  |   | J. Lynn & Judy White                     |   |  |  |
| Norman Queener            |  |   | Elizabeth Wieselquist                    |   |  |  |
| Jim & Ann Shay            |  |   | Beaver Creek Cumberland                  |   |  |  |
| John & Elizabeth Smith    |  |   |  |   |  |  |
| Brandon Thompson          |  |   |  |   |  |  |
| Linda Townsend            |  |   |  |   |  |  |
| Richard & Carol Waldbauer |  |   |  |   |  |  |



## OOA PROGRAM 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 and May 2021.

### Emergency Fund for Seniors

Fred Russell  
Kelly Russell

### Grandparents as Parents

Franklin "Andy" Williams - CIGNA

### Knox PAWS

Anonymous (2)  
Harry & Ruth McLeod  
Amber Munoz  
Monica Franklin  
Ms. Norma Cox Cook  
Patricia Woods  
Peter & Fawn Landrum  
Sheri Doubrey  
Stephen Oliver  
IREM East Tennessee Chapter No. 57

*In Memory of Madalynne Doyle*

Anonymous

*In Memory of Steve Hank*

The College of Communication & Information

*In Memory of Lucille Millspaugh*

Anonymous

*In Memory of Max, Sophie, Cleo,*

*MeeGo, Riley & SamBear Randolph*

Anonymous

### Senior Companion Program

Monica Franklin  
Dottie Lyvers

### Senior Information & Referral/Duncan Awards

All Ways Caring  
Always Best Care Senior Services  
Avalon Hospice  
Angela Bartlett  
Gabe Blake  
Cindy Bolduc  
Sandy Booher  
JB Bradley  
LaWanna Broderick  
Melinda Bryant  
Jaime Call  
Lynsey Chasteen  
Ludell Coffey  
Comfort Keepers  
Consolidated Marketing Group  
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Youngram & Shawn O'Connor  
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*In Memory of Charlie & Jeanne O'Connor and Herb & Libb Kidd*  
Robert & Renee O'Connor  
*In Memory of Jim & Alice O'Connor by their children*  
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### O'Connor Amazing Geezer Band

Cheryl F. Morris  
*In Memory of Linda Eagle*  
Barbara Jahn, Linda Sharon Eagle Estate  
*In Memory of Gwen Minshew*  
Gail Mahaffey  
*In Memory of Gwen Minshew*  
Peggy Schwarz  
*In Memory of Gwen Minshew*  
Jewel Sikes  
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Kathryn & Billy Banks

*In Memory of Allen Smith*  
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*In Memory of Allen Smith*  
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*In Memory of Allen Smith*  
Wanda Day

*In Memory of Allen Smith*  
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Amy & Jeff Gilbert

*In Memory of Allen Smith*  
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Kay Reynolds

*In Memory of Allen Smith*  
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*In Memory of Allen Smith*  
Fountain City UMC Open Door

Sunday School Class

### O'Connor Singing Seniors

*In Memory of Linda Eagle*

Barbara Jahn, Linda Sharon Eagle Estate

# WHAT WILL YOUR LEGACY BE?

## Do you ever wonder...

- What can I do in the world that will have lasting value?
- Who will remember me when I am gone?
- How will I be remembered?

In other words, what will my legacy be?

## What is planned giving?

Planned giving is a way to give back to a community that you love and care about and that has loved and cared about you. It has little to do with financial or material riches and more to do with where your heart is.

Although planned giving may involve financial or estate planning, it is not only for the wealthy. No gift is too small!

What are the benefits of planned giving?

Planned giving offers you the potential for significant income and estate tax savings.

Planned giving is one of the most meaningful and effective ways to invest in the future of the Office on Aging programs that serve seniors in Knox County. What we do every day and the lives that we touch—can be *your legacy*.

## What are some examples of planned gifts?

### Bequests

You can name the Office on Aging or one of its programs as a beneficiary in your will. Your bequest might be an outright gift of cash, a percentage of your estate, mutual funds, publicly traded and closely-held stocks, real estate or personal property.

The advantages of leaving a gift to the Office on Aging in your will are that it allows you to make a contribution without sacrificing

spendable income during your lifetime, and it shelters your estate from taxes.

### Gifts of Life Insurance

The Office on Aging can be named as a beneficiary or owner of a life insurance policy. Making a gift of life insurance enables you to arrange a future gift to the Office on Aging without financial impact during your lifetime. Charitable tax deductions may also apply to these gifts.

### Gifts of Property

Through a “life estate gift,” you can donate your house, condominium, or other real property to the Office on Aging now, but continue to use it through your lifetime. If you wish, you can also provide for your spouse to continue to use it throughout his or her lifetime. When you and/or your spouse can no longer use the property, the Office on Aging inherits it.

### Gifts of Retirement Funds

In addition to sheltering your estate from taxes, there is an income tax advantage to naming the Office on Aging as the beneficiary of your retirement funds. Since it is a tax-exempt organization, it receives 100% of such funds free of income tax.

## How can we help?

If you have already named the Office on Aging in your will, please consider sharing this with us so we may appropriately acknowledge your generosity. If you wish, we can also discuss ways in which your gift could be applied to meet our needs. We are available to help you and your professional advisor formulate a charitable giving plan to achieve maximum tax savings from your gift.

The CAC Office on Aging is a public nonprofit agency that serves all seniors, regardless of life situation, but we are passionate about helping those for whom aging often presents the greatest hardship: those who are poor, in frail health, or alone.

Your planned gift ensures that services and programs of the Office on Aging will continue to be available for free or at low cost to older people and their loved ones.

If you have questions or would like to discuss your estate planning with us, please contact Office on Aging Director, Dottie Lyvers, at 865-524-2786 or email [dottie.lyvers@knoxseniors.org](mailto:dottie.lyvers@knoxseniors.org).

*The information in this article is not intended to take the place of legal advice from an attorney. Before making estate decisions, consult an attorney knowledgeable in these matters.* ■

### You can give to the Office on Aging or to a specific program, such as:

- Mobile Meals
- Knox PAWS (Placing Animals With Seniors)
- O'Connor Senior Center
- Senior Companion Program
- Project LIVE
- Senior Information & Referral
- Senior Service Directory
- Daily Living Center
- Gift of Sight, Hearing & Dentures
- And many more

You can find a complete list of OOA programs at [www.knoxseniors.org](http://www.knoxseniors.org).

# VOLUNTEERS NEEDED

*Make an impact in your community!*

## Foster Grandparent Program Volunteers Enriching Students



The Foster Grandparent Program provides opportunities for income-eligible persons age 55 or over to extend supportive services in health, education and welfare settings to children having special or exceptional needs.

## Senior Companion Program Volunteers Empowering Seniors

The purpose of the Senior Companion Program is to help senior adults. It provides stipended volunteer community service opportunities for income-eligible people age 55 and older. These volunteers in turn provide support services to older persons who have unmet physical, mental, or social needs.



**Benefits include:**

- Tax-free stipend
- Travel reimbursement
- Meal allowance
- Paid training opportunities



**AmeriCorps  
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[knoxseniors.org](http://knoxseniors.org)

**For more information, call the Office on Aging at (865) 524-2786**

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### Have you considered participating in a clinical research trial?

AMR Knoxville (Formerly Volunteer Research Group) is a local clinical research study company with more than 30 years of clinical trial experience. Current and upcoming studies include:

- COVID-19 Prevention
- RSV
- Birth Control
- Liver Disease
- Kidney Disease
- Vaccines
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# ELDER NEWS & VIEWS

**OFFICE ON AGING DIRECTOR**

Dottie Lyvers

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# OFFICE ON AGING

KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

P.O. BOX 51650 • KNOXVILLE, TN 37950-1650

## ELDER NEWS & VIEWS

IS THE NEWSLETTER OF  
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OFFICE ON AGING: (865) 524-2786

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

### IN THIS ISSUE

SENIOR SERVICE DIRECTORY, **PAGE 1**

GET VACCINATED, **PAGE 1**

O'CONNOR CALENDARS, **PAGES 6 & 7**

CELEBRATING CENTENARIANS, **PAGE 8**

WHAT WILL YOUR LEGACY BE? **PAGE 10**

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JULY/AUGUST 2021

## ELDER NEWS & VIEWS

PAGE 12

# MOBILE MEALS CALL FOR SUMMER VOLUNTEERS

CAC Mobile Meals provides nutritious hot meals for homebound seniors who cannot cook for themselves and has no one to cook for them. During the summer months, Mobile Meals needs extra volunteers to cover meal deliveries while regular volunteers go on vacation or take breaks to be with family. A meal route generally takes just two hours to complete (between 10 am – 1 pm, Monday through Friday); one-time or ongoing; training only takes twenty minutes. Mobile Meals volunteers deliver to every zip code in Knox County.

If you are able to volunteer your time to deliver a hot meal to a homebound senior, please contact the Volunteer Coordinator at 865-524-2786 or email [MobileMealsVols@knoxseniors.org](mailto:MobileMealsVols@knoxseniors.org). ■

