

MOBILE MEALS PROVIDING FOOD AND HOPE FOR 50 YEARS

In 1971, Mobile Meals began by serving a nutritious meal each weekday to 50 homebound Knox County seniors. Today, that number stands at more than 1,100. Every year since its inception, the need for volunteers has risen, as the number of vulnerable seniors needing proper nutrition and a daily wellness check has increased. In short, without the tireless dedication of Mobile Meals volunteers, more and more isolated older adults would be without food and human contact.



To mark 50 years of providing food and hope, Mobile Meals is throwing an anniversary celebration and we want YOU to be there! Join us on Thursday, September 16, at the historic Tennessee Theatre in downtown Knoxville for a celebratory reception, Power of the Purse Silent Auction presented by Patricia Nash, live entertainment, and a very special program highlighting 50 years of Mobile Meals in Knox County.

Transportation shuttle service will depart at 4:30 p.m. from two locations: O'Connor Senior Center (611 Winona St.) and Second Presbyterian Church (2829 Kingston Pike).

The event is free, but registration is required. To register, visit www.knoxseniors.org/mm50 or mail the completed registration form on page 11. ■



MOBILE MEALS: 50 FOR 50

In addition to volunteers, without financial support from our community, Mobile Meals would not be able to serve as many meals as needed each week. Please consider making a contribution of \$50 for 50 years of service. Of course, any amount is greatly appreciated.

- \$36 will feed one senior for 2 weeks
- \$80 will feed a senior for 1 month
- \$240 will feed a senior for 3 months
- \$480 will feed a senior for 6 months
- \$960 will feed a senior for 1 year

To donate online, visit www.knoxseniors.org/mm50. To donate by check, mail to:

Mobile Meals
CAC Nutrition Services
P.O. Box 51650
Knoxville, TN 37950-1650

For more information, contact Shelly Woodrick at 865-524-2786 or email shelly.woodrick@knoxseniors.org.

Mobile Meals Anniversary Celebration

Thursday, September 16, 2021

The Tennessee Theatre
604 South Gay Street in Knoxville

Doors open at 4:45 p.m.
Program begins at 6 p.m.

Register to attend at knoxseniors.org/mm50.

SAVE THE DATE FOR
AGING: A FAMILY AFFAIR
PRACTICAL INFORMATION RELATED TO AGING

Thursday, November 4, 2021

More information will soon be available online at knoxseniors.org.

GET HELP WITH MEDICARE ANNUAL ENROLLMENT

The 2021 Medicare Annual Enrollment Period is from October 15 - December 7. We offer a free service to those who would like help to understand their coverage and choose a plan. Assistance is available with SHIP-certified Medicare Advisors in the AMOS program (Affordable Medicine Options for Seniors) which is based at the Office on Aging/CAC. It is necessary to review your insurance plan each year to maintain your best coverage and prices. Call the Office on Aging at 865-524-2786 for help from one of our advisors. Please see the Medicare Part D Worksheet at our website at www.knoxseniors.org/amos. You can copy the form, complete and send to peggy.ransom@knoxseniors.org.

We will be helping with Annual Enrollment in the O'Connor Senior Center computer lab from 9 a.m. to 12 p.m. on the following Thursdays: October 21, October 28, November 18, and December 2. Please call Peggy to schedule a time to come in. We will help walk-ins as time allows. You can also call your local senior center to ask if they are offering in-person assistance during Annual Enrollment.

To receive assistance, you will need to provide:

- Medicare card with number and coverage start dates for Parts A and B.
- Social Security number and date of birth
- All active health insurance cards
- Letter about Extra Help or QMB/SLMB (if you received one)
- List of current prescription medications (include the last three months or more) – Ask your pharmacy to print a list with drug names, dosages, amount purchased, and price

Questions? Call Peggy Ransom at 865-524-2786 or email peggy.ransom@knoxseniors.org. ■

SENIOR JOB FAIR

More than 25 employers who want to hire seniors will be on hand to discuss full and part-time job opportunities for those 50 and over. Grab your mask and copies of your resume and join us! Questions? Call the Senior Employment Service at 865-524-2786.

The Senior Employment Service is a program of the CAC Office on Aging. ■

Thursday, October 13, 2021

9 a.m. - 11:30 a.m.

**O'Connor Senior Center
611 Winona St.**

***Masks are required to enter
the O'Connor Center.***

THE GRANDPARENTS AS PARENTS PROGRAM SPREADS HOLIDAY CHEER WITH YOUR HELP

You can support grandfamilies through the holidays in two ways.

- 1) Make a child's, grandparent's or grandfamilies' Holiday Season special by being a sponsor. Call the Grandparents as Parents program for more information. 865-524-2786
- 2) Donate new or gently loved toys, books, toiletries, stuffed animals, teen items or gift cards. Donations may be dropped off at the CAC Ross Building, 2247 Western Ave. Call the Grandparents as Parents program to schedule a contactless drop off. 865-524-2786



Donations will be accepted October 18th through November 19th.

Grandparents as Parents (GAP) is a program of the CAC Office on Aging. GAP addresses the unique needs of grandparents and family caregivers raising children whose parents were 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 our office to join GAP and receive the monthly newsletter and other information. Call GAP at 865-524-2786. ■

RISE ABOVE CRIME SUPPORTS VICTIMS OF ELDER ABUSE

Rise Above Crime is a free program supporting older adults who have been victimized by crime. Caring professionals help older adult victims to overcome the trauma of physical, sexual or psychological violence; neglect; economic exploitation and fraud.

Victims benefit from

Case Management:

- Needs assessment
- In-home or safe location interview
- Connection to local services
- Safety planning
- Benefits assistance
- Transportation assistance
- Interpreter services

Legal Advocacy:

- Assistance with obtaining an Order of Protection or a Restraining Order
- Assistance with completing eligible criminal injuries compensation applications
- Information on the criminal justice process
- Law enforcement interview accompaniment

Counseling Support:

- Crisis intervention
- Coffee and Conversation Discussion Group

**RISE
ABOVE CRIME**

Rise Above Crime refers survivors to community services for:

- Therapy
- Medical needs
- Housing
- Alcohol/drug treatment
- In-home assistance/caregiving

To qualify, you must:

- Be 50 years of age or older
- Be a victim of physical, sexual, or psychological violence; neglect; or economic exploitation and fraud
- Live in Knoxville or Knox County

For more information or to request assistance, call Rise Above Crime at (865) 524-2786. ■

KNOX PAWS RECEIVES GRANTS

The Grey Muzzle Organization announced the recipients of its 2021-2022 annual grant. Knox PAWS is one of 77 animal welfare groups chosen from 266 applicants to receive a grant to help local seniors and their dogs.



“Thanks to the generosity of our donors, we’re delighted to help deserving organizations like Knox PAWS make a difference in the lives of dogs and people in their communities,” Grey Muzzle’s Executive Director Lisa Lunghofer said.

“Many senior dogs in Knoxville are enjoying their golden years in loving homes thanks to the wonderful work of Knox PAWS.”

The national nonprofit The Grey Muzzle Organization improves the lives of at-risk senior dogs by providing funding and resources to animal shelters, rescue organizations, sanctuaries, and other nonprofit groups nationwide. For details, please visit www.greymuzzle.org

For more information and ways you can help Knox PAWS please visit www.knoxseniors.org/paws ■

Knox PAWS and Feed-a-Pet are pleased to announce being selected as recipients of the 2021-2022 Meals on Wheels of America Loves Pets grant, supported by PetSmart Charities.

These funds will be used for pet food, pet supplies, pet food storage, veterinary care (preventative, emergency, and sick care), grooming, temporary boarding expenses, and to offset any costs associated with delivery.

The hope is these funds will help to strengthen our foundation and support our program as we work to protect the special relationship between our senior clients and their beloved animal companions.

For more information and ways you can help Knox PAWS, please visit www.knoxseniors.org/paws ■



SEPTEMBER COUNCIL ON AGING PROGRAM:
WHAT YOU NEED TO KNOW ABOUT SUPPLEMENTS AND DRUG INTERACTIONS



**Thursday, September 9, 2021
 2:30 p.m.**

Virtual Meeting

For meeting link and phone number, visit knoxseniors.org and click on the blue Council on Aging Meetings box.

With Joseph M. Nowell, PharmD from Fresh Pharmacy

As you age, it is important to know about your medicines and supplements to avoid possible problems. You may be faced with more health conditions that you need to treat on a regular basis. It is important to be aware that more use of medicines and normal body changes caused by aging can increase the chance of unwanted or maybe even harmful drug interactions. Join us as Dr. Nowell of Fresh Pharmacy, explains how to protect yourself against unwanted medicine and supplement interactions.

As Pharmacist and owner of Fresh Pharmacy (Formerly East Tennessee Discount Drugs), Dr. Joseph Nowell graduated from Samford University and got his Pharm. D. at Mercer Southern School of Pharmacy. ■

FLU SHOTS AT THE ROSS BUILDING

**Friday, September 24 • 11 a.m.-3 p.m.
 Ross Building, 2247 Western Avenue**

Masks are required at the Ross Building. *Be sure to bring your insurance card or Medicare card for billing.* A limited number of vouchers will be available for those without health insurance. ■

4 WAYS 
to safely volunteer



DELIVER A MEAL

Deliver a hot meal to a homebound senior during lunchtime and provide a wellness check

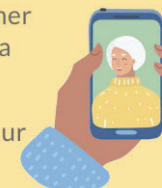
Although social distancing is still in effect, by following the 5 core practices you can help a senior stay independent in their own home!



CALL A LONELY SENIOR

Often our phone rings and it's another scammer or telemarketer. But isn't it wonderful to get a call from a friend or loved one?

Volunteer and check in on a lonely senior in our community with Senior Care Calls!



COMPANIONSHIP VISITS

By volunteering with a little meal prep or light house keeping you can help a senior stay in their own home.

Friendly porch visits, reading together, or chatting and enjoying the sunshine are also great ways to help a senior. Give us a call!



RUN AN ERRAND

Learn your neighborhood & make a friend by running an errand with a senior.

Volunteer driver programs are following strict cleaning procedures and are a great way to slowly & safely build your network.



STAY SAFE & SUPPORT A SENIOR FRIEND
 Contact Sam to find the perfect volunteer opportunity



865-524-2786

O'CONNOR CENTER SCHEDULE - SEPTEMBER/OCTOBER

Classes and safety precautions are subject to change. Please visit our Facebook page (facebook.com/oconnorseniorcenter) or call us at 865-523-1135 for a list of current programming as activities may have been added after the time of calendar submission for this publication.

While in the facility, staff and guests may be required to 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. Keep in mind that outdoor and car park programming is weather-dependent.

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

The O'Connor Senior Center will be closed on Monday, September 6 for Labor Day

Advanced Painting: These instructed open art sessions are a great way to hone those artistic skills or to just keep skills fresh in an art room setting.

Afternoon Painting: These instructed art sessions invite participants to practice their beginner skills in an art room setting.

Bingo: Enjoy this friendly game on Wednesdays from 12:00 p.m. - 1:00 p.m. Bingo hosts are needed. Call 865-523-1135 to find out how to get involved.

Cards & Games: Enjoy a table game or a relaxed game of cards with friends! Instruction is available.

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

Creative Endeavors: Group membership is available for those who are looking for ways to express their creativity. Membership is free and newcomers are always welcome.

Dance Classes - Suggested donation is \$2/Class.

Afternoon Dancing: Tuesdays 2:00p.m. Opportunity to dance and visit with friends.

Intro to Line Dance: Tuesdays. For those with no experience.

Beginner Line Dance: Wednesdays. For those with some experience.

Intermediate Line Dance: Mondays. For those with moderate experience.

Dances - Suggested donation varies per dance.

Tea Dance: First Tuesdays, Sept 7 and Oct 5--great fellowship! Suggested donation is \$2; light refreshments.

Friday Afternoon Dances: Sept 10 and Oct 8. "ALL TYPE" dance with great music, light refreshments, fun, and a special DJ from Pro-Audio Mobile DJs. Suggested donation is \$5.

Saturday Night Ballroom Dances with Refreshments: Sept 11 and Oct 9. Suggested donation: \$6/Dance Club Members; \$8/Non-Members.

Drive-In for DLC Fundraiser: Save the date and spread the word! This October, kick off your spooky

season with a classic drive-in movie! Proceeds from this event will go toward our adult day care program, the Daily Living Center, and is sponsored by the Knox County Jaycees. More information to come!

Flower Lovers Garden Club: Meets second Friday: Sept 10 and Oct 8 for individuals who love horticulture and are interested in learning more! This group is always open to newcomers. You don't have to have a "green thumb" to attend!

Fun Film Fridays: Enjoy a weekly movie and popcorn; Call for movie title or see listing in Knox News on the 1st and 3rd Sunday of the month.

French: Tuesdays, 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? Call the Center for additional information.

Genealogy: Maybe you know about you family's history or you only have a little information to start or none at all. This class will put you on a path to discover and chart your genealogy information. You will learn how to utilize free databases and other sources such as state historical archives to assemble key information on the generations of your family tree.

Happy Hikers: Thursdays. Newcomers are always welcome; please email Tracy Hunter at tracy.tolley.hunter@gmail.com or call the Center for additional information if you are interested in participating in a hike.

Sept. 9	Rainbow Falls 5.5 - Moderate GSMNP
Sept. 16	Maddon Bald Loop 6.6 - Moderate GSMNP
Sept. 23	Marine Railway Trail 4 - Moderate NDSP
Sept. 31	Mouse Creek Falls 5.7 - Moderate GSMNP
Oct. 14	Roan Mtn - Grassy Ridge 6 - Moderate CNF-N
Oct. 21	Obed Point Trail 4.2 - Moderate BSF
Oct. 28	Alley Ford Trail 5.3 - Moderate Wartburg

Italian: Viva l'italiano!! Do you love everything Italian? Do you have an interest in the Italian language and culture? Join our Italian language classes every Tuesday to add a little spice to your day!

Thursday Threaders: Thursdays. Enjoy knitting, crocheting and cross stitch. Instruction available. Newcomers always welcome.

Legal Assistance: Call 637-0484 to schedule an appointment for free legal services for seniors.

Mahjong: Mahjong classes for Beginners offered on Mondays. Call to register for this class.

Continued on page 8

SEPTEMBER 2021 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
 <p>RECURRING EVENTS CAN BE FOUND AT THE BOTTOM OF THE PAGE</p>		<p>10:00 Advanced Painting **NEW SERIES BEGINS**</p> <p>10:30 Tai Chi & Qigong</p> <p>12:00 Bingo</p> <p>12:30 Afternoon Painting **NEW SERIES BEGINS**</p> <p>1:00 Genealogy</p>	<p>9:00 Thursday Threaders</p> <p>9:30 Emotional Wellbeing</p>	
<p>CENTER CLOSED</p> <p>HAPPY <i>Labor Day</i></p>	<p>9:30 Emotional Wellbeing</p> <p>11:00 Italian</p> <p>1:30 Open Painting</p> <p>1:00 Seniors for Creative Learning</p> <p>2:00 Afternoon Dancing</p>	<p>9:00 Toenail Clipping Clinic</p> <p>10:30 Tai Chi & Qigong</p> <p>12:00 Bingo</p> <p>1:00 Genealogy</p>	<p>9:00 Thursday Threaders</p> <p>9:30 Emotional Wellbeing</p> <p>12:00 AARP Safe Driver Class</p> <p>1:00 Seniors for Creative Learning</p> <p>2:30 Council on Aging</p>	<p>12:00 AARP Safe Driver Class</p> <p>12:00 Flower Lovers Club</p> <p>2:00 Friday DJ Dance</p> <p>7:00 Saturday Night Dance</p>
<p>10:00 Mahjongg</p> <p>10:30 Tai Chi & Qigong</p> <p>11:30 Lunch & Learn</p>	<p>9:30 Emotional Wellbeing</p> <p>11:00 Italian</p> <p>1:30 Open Painting</p> <p>1:00 Seniors for Creative Learning</p> <p>2:00 Afternoon Dancing</p>	<p>10:30 Tai Chi & Qigong</p> <p>12:00 Bingo</p> <p>1:00 Genealogy</p>	<p>9:00 Thursday Threaders</p> <p>9:30 Emotional Wellbeing</p> <p>1:00 Seniors for Creative Learning</p>	<p>TOUCHDOWN FOR GOOD HEALTH!!</p> <p>9:00 AM HEALTH FAIR</p>
<p>10:00 Mahjongg</p> <p>10:30 Tai Chi & Qigong</p>	<p>9:30 Emotional Wellbeing</p> <p>11:00 Italian</p> <p>1:30 Open Painting</p> <p>1:00 Seniors for Creative Learning</p> <p>2:00 Afternoon Dancing</p>	<p>9:00 Toenail Clipping Clinic</p> <p>10:30 Tai Chi & Qigong</p> <p>12:00 Bingo</p> <p>1:00 Genealogy</p>	<p>9:00 Thursday Threaders</p> <p>9:30 Emotional Wellbeing</p> <p>1:00 Seniors for Creative Learning</p>	
<p>10:00 Mahjongg</p> <p>10:30 Tai Chi & Qigong</p>	<p>9:30 Emotional Wellbeing</p> <p>11:00 Italian</p> <p>1:30 Open Painting</p> <p>1:00 Seniors for Creative Learning</p> <p>2:00 Afternoon Dancing</p>	<p>9:00 Toenail Clipping Clinic</p> <p>10:30 Tai Chi & Qigong</p> <p>12:00 Bingo</p> <p>1:00 Genealogy</p>	<p>9:00 Thursday Threaders</p> <p>9:30 Emotional Wellbeing</p> <p>1:00 Seniors for Creative Learning</p>	

RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:30 Billiards Room Open</p> <p>9:30 Blood Pressure Checks</p> <p>10:00 Mahjongg</p> <p>10:30 Loss & Life Changes Support Group;</p> <p>Tai Chi & Qigong</p> <p>1:30 Intermediate Line Dance</p>	<p>8:30 Billiards Room Open</p> <p>9:00 Quilting; Co-Ed Softball</p> <p>9:30 Blood Pressure Checks</p> <p>10:00 Basic Arthritis Exercise; French;</p> <p>Tai Chi Set Practice</p> <p>11:00 Adv Arthritis Exercise; Italian</p> <p>12:30 SAIL Exercise</p> <p>1:30 Open Painting</p> <p>1:00 Cards & Games</p> <p>1:30 Intro to Line Dancing</p>	<p>8:30 Billiards Room Open</p> <p>9:00 Cadet Band Practice</p> <p>9:30 Blood Pressure Checks</p> <p>10:00 Advanced Painting; Concert Band Practice</p> <p>12:00 Bingo</p> <p>12:30 Afternoon Painting; Texas Hold'Em</p> <p>1:30 Beginner Line Dance</p>	<p>8:30 Billiards Room Open;</p> <p>Blood Glucose Checks</p> <p>9:00 Co-Ed Softball</p> <p>9:30 Blood Pressure Checks</p> <p>10:00 Basic Arthritis Exercise; Happy Hikers;</p> <p>Tai Chi Set Practice;</p> <p>Thursday Walkers</p> <p>11:00 Adv Arthritis Exercise</p> <p>12:30 SAIL Exercise</p> <p>1:00 Cards & Games</p>	<p>8:30 Billiards Room Open</p> <p>9:00 Woodcarving</p> <p>9:30 Blood Pressure Checks</p> <p>11:00 Advanced Spanish Silver Stage Players</p> <p>12:30 Fun Film Friday</p> <p>1:00 Jam Band</p>

OCTOBER 2021 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
				9:00 Woodcarving 1 11:00 Advanced Spanish 1:00 Jam Band
8:30 Billiards Room Open 4 10:30 Loss & Life Changes Support Group 11:30 Lunch & Learn 1:30 Intermediate Line Dance	9:30 Emotional Wellbeing 5 11:00 Italian 1:30 Open Painting 1:00 Seniors for Creative Learning 2:00 Afternoon Dancing	10:30 Tai Chi & Qigong 6 12:00 Bingo 1:00 Genealogy	9:00 Thursday Threaders 7 9:30 Emotional Wellbeing 12:00 AARP Safe Driver Class 1:00 Seniors for Creative Learning 2:30 Council on Aging	7:30 SATURDAY NIGHT DRIVE IN MOVIE FOR DLC SPONSORED BY JAYCEES 2 12:00 AARP Safe Driver Class 8 12:00 Flower Lovers Club 2:00 Friday DJ Dance 7:00 Saturday Night Dance Ballroom Dance 9
10:30 Loss & Life Changes Support Group 11 1:30 Intermediate Line Dance	9:00 Toenail Clipping Clinic with Dr. Akerman 12 9:30 Emotional Wellbeing 11:00 Italian 1:30 Open Painting 1:00 Seniors for Creative Learning 2:00 Afternoon Dancing	10:30 Tai Chi & Qigong 13 12:00 Bingo 1:00 Genealogy	9:00 Thursday Threaders 14 9:30 Emotional Wellbeing 1:00 Seniors for Creative Learning	9:00 Woodcarving 15 11:00 Advanced Spanish 12:30 Fun Film Friday 1:00 Jam Band
10:30 Loss & Life Changes Support Group 18 1:30 Intermediate Line Dance	9:30 Emotional Wellbeing 19 11:00 Italian 1:30 Open Painting 1:00 Seniors for Creative Learning 2:00 Afternoon Dancing	10:30 Tai Chi & Qigong 20 12:00 Bingo 1:00 Genealogy	9:00 Open Enrollment with AMOS 21 9:00 Thursday Threaders 9:30 Emotional Wellbeing 1:00 Seniors for Creative Learning	9:00 Woodcarving 22 11:00 Advanced Spanish 12:30 Fun Film Friday 1:00 Jam Band
10:30 Loss & Life Changes Support Group 25 1:30 Intermediate Line Dance	9:30 Emotional Wellbeing 26 11:00 Italian 1:30 Open Painting 1:00 Seniors for Creative Learning 2:00 Afternoon Dancing	9:00 Toenail Clipping Clinic 27 10:30 Tai Chi & Qigong 12:00 Bingo 1:00 Genealogy	9:00 Open Enrollment with AMOS 28 9:00 Thursday Threaders 9:30 Emotional Wellbeing 1:00 Seniors for Creative Learning	9:00 Woodcarving 29 11:00 Advanced Spanish 12:30 Fun Film Friday 1:00 Monster Mash Bash

RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 Billiards Room Open 9:30 Blood Pressure Checks 10:00 Mahjonn 10:30 Loss & Life Changes Support Group; Tai Chi & Qigong 1:30 Intermediate Line Dance	8:30 Billiards Room Open 9:00 Quilting; Co-Ed Softball 9:30 Blood Pressure Checks 10:00 Basic Arthritis Exercise; French; Tai Chi Set Practice 11:00 Adv Arthritis Exercise; Italian 12:30 SAIL Exercise 1:30 Open Painting 1:00 Cards & Games 1:30 Intro to Line Dancing	8:30 Billiards Room Open 9:00 Cadet Band Practice 9:30 Blood Pressure Checks 10:00 Advanced Painting; Concert Band Practice 12:00 Bingo 12:30 Afternoon Painting; Texas Hold'Em 1:30 Beginner Line Dance	8:30 Billiards Room Open; Blood Glucose Checks 9:00 Co-Ed Softball 9:30 Blood Pressure Checks 10:00 Basic Arthritis Exercise; Happy Hikers; Tai Chi Set Practice; Thursday Walkers 11:00 Adv Arthritis Exercise 12:30 SAIL Exercise 1:00 Cards & Games	8:30 Billiards Room Open 9:00 Woodcarving 9:30 Blood Pressure Checks 11:00 Advanced Spanish Silver Stage Players 12:30 Fun Film Friday 1:00 Jam Band

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Monster Mash Bash: Who said TRICKS & TREATS were just for kids?!? Join us on Friday, October 29 at 1:00 p.m. for hallway trick or treating, live music, costume contest, games and MORE! Sponsored by our friends at Echo Ridge.

O'Connor Center Band (Cadet for Beginners/Concert for Advanced): Wednesdays. Gently used instrument donations are always needed. If interested, please call 523-1135 to set a time to meet prior to class time.

Open Jam Session: A weekly 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 fellowship! Everyone welcome, regardless of skill level.

Quilting: Tuesdays. Learn quilting skills and tips from our experts. Newcomers are needed! If you have tops that need to be quilted, please call for information.

Spanish: Advanced class Fridays at 11:30 a.m. Class is conversational.

Texas Hold 'em: Wednesdays. Enjoy fellowship and competition with experienced and inexperienced card players; newcomers welcome! Cost is \$2/class.

Thursday Walkers: This group, a part of the Happy Hikers, meets in the community at parks and greenways to get in their exercise, enjoy the outdoors and fellowship.

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

Woodcarving: Fridays. Open to all, regardless of experience. Personal instruction is available if needed. Call the O'Connor Center to get a list of supplies needed.

PHYSICAL FITNESS - HEALTH EDUCATION - HEALTH SCREENING

Blood Glucose Checks: Thursdays, 8:30 a.m., \$1.50. A 12-hour fast is recommended to insure a correct reading.

Blood Pressure Checks: Monday-Friday, 10:30 a.m. -11:30 a.m. Tuesday checks provided by Quality Home Health Care.

Co-Ed Senior Softball: Tuesdays & Thursdays, 9:00 a.m. -12:00 p.m.

Emotional Wellbeing: Behavioral and physical health are integral to each other and to well-being. As we age, behavioral and emotional health becomes increasingly important, especially since older adults may find themselves alone or in new living arrangements. Dr. Mark LeMay, a recently retired clinical psychologist, will be leading a weekly education class teaching skills that will help form habits to relax the body and calm the mind. Dr. LeMay will also discuss topics from the new field of Positive Psychology with the goals of increasing our sense of happiness and well-being. Dr. LeMay practiced psychotherapy

in Knoxville and Jefferson City for 30 years and retired in 2020. Please note that these classes are educational and are not intended to be psychotherapy. Participants will not be diagnosed and the information is selected to be of interest and help to anyone.

Exercise: Arthritis Foundation, Tuesday/Thursday: The Advanced Class has good physical exertion; the Basic Class offers seated exercise with limited physical exertion. In addition to exercise, the O'Connor Friendly Nurse insures the class meets your daily requirement of fun and fellowship.

Health Fair: Sponsored by Cigna Health, United Healthcare, and Echo Ridge, this event will have over 15 health screenings available to participants from health professionals around the area. Get your flu shot, COVID testing and COVID vaccine. Sept 17, 9 a.m.

Loss & Life Changes Support Group: Mondays. Pat Green, Group Leader/Social Worker and Bereavement Counselor, listens to concerns and offers encouragement. Newcomers are welcome to this informal time of sharing which always ends on a positive note.

SAIL Exercise Class: Learn about how this exercise curriculum can improve your balance and strength. Class meet every Tuesday and Thursday at 12:30 p.m. Class is FREE for most insurance members so call for details.

Taoist Tai Chi Set Practice: Tuesdays and Thursdays at 10 a.m.

Instruction unavailable at this time for Taoist Tai Chi.

Tai Chi & Qigong: Mondays & Wednesdays at 10:30 a.m., Jim and Julia Malia will be instructing this class for health and wellbeing! Tai Chi & Qigong have been proved to reduce risk of falling, enhance aerobic capacity, increase energy & stamina, increase flexibility, balance & agility and decrease stress, anxiety & depression. Suggested donation, \$2.00.

Toenail Clipping, by Appointment Only: Cost is \$12. Call 523-1135 to schedule an appointment.

Lunch & Learn @ 11:30 a.m. Reservation must be made by Thursday of the previous week to get a free lunch! Complimentary diner lunch provided.

Monday, Sept. 13

Tinnitus: Can you hear me now? Family Hearing Center will be here to educate us on tinnitus from diagnosis to treatment.

Monday, Oct. 18

Ageing with Independence: Join us to learn the keys to aging well in your OWN home on your OWN terms. We will cover a ton of simple strategies that you can implement now and use for the years to come.

Presented by Marino Physiotherapy.

Tech Tutoring will be available for computer questions and answers on Wednesdays and Fridays. Please call to schedule an appointment with our volunteer.

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.

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 June and July 2021.

Grandparents as Parents

Gail Brabson
Frances Huster
Doris McGaha
Generations United Inc
Knoxville Bar Foundation
Lowe's Home Improvement - Store #0637

Three Rivers Market

Knox PAWS

Anonymous
Carol Blair
Monica Franklin
Paul & Glenda Houston
Peter & Fawn Landrum
Alisa Lord
Harry & Ruth McLeod
Stephen Oliver

Laura Potts
Patricia Woods
CMH Manufacturing Inc
Knoxville Veterinary Medical Association Inc
The Grey Muzzle Organization
In Memory of Lucille Millspaugh
Anonymous

In Memory of Max, Sophie, Cleo, MeeGo, Riley & SamBear Randolph
Anonymous
In Memory of Ramakanth Ravi
Anonymous
Office on Aging
Sharon Reagan

Senior Companion Program

In Memory of Betty Ann Miller
Dave & Karen Baumgartner
In Memory of Betty Ann Miller
Marvin & Marcia Gilliam

In Memory of Betty Ann Miller
Anne Langley
In Memory of Betty Ann Miller
Richard Watson
In Memory of Cheryl Wolf
David & Susan Long
Monica Franklin

Senior Information & Referral

In Memory of John J. Duncan, Sr.
Morton & Becky Massey

Daily Living Center and John T. O'Connor Center

Monica Franklin

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 June and July 2021.

Anonymous (21)
Gbenga Akerele
Diana Amann
Bob Andres
Claude Barnes
Ken & Debra Brock
Joyce Brown
Gary Cooper
Mary Gentry
Dawna Gray
Marcia Gray
Wendy Henderson
Linda James
Robert Kemp
Dennis Ledden
Debbie Lowe
David McCormick
Harry & Ruth McLeod
William & Diane Melton
Katelyn Mull
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Rex & Linda Short
Ronald & Virginia Shrieves
Mary Stuart
Brandon Thompson
Linda Townsend
Abigail Wegman
Linda Williams
Cheri Worthington
Advanced Chiropractic Associates
Colonial Heights United Methodist Church - J.
Ray Stuart Sunday School Class
Smithwood Baptist Church - Joy Class

St. Elizabeth's Episcopal Church

In Memory or Honor

In Memory of Aggie Bell
Andy & Brenda Black
In Memory of Aggie Bell
Gina Upchurch
In Memory of Peggy Bradbury
Dennis Bradbury
In Honor of Charles Chaney for Father's Day
David & Sherry Draper
In Memory of Nora J. Cooper
Gary Cooper
In Honor of Jack Draper for Father's Day
David & Sherry Draper
In Memory of Herb & Lib Kidd & Charlie & Jeanne O'Connor
Bob & Renee O'Connor
In Memory of Major "Mac" McFalls
Charles & Jeanette Currens
In Memory of Betty Ann Miller
Don & Helen Jones
In Memory of Dr. John R. Moore
Thomas Cressler II
In Memory of Robert Schutt
Joanne Schutt
In Memory of John Landis Speed
Clinton Ball
In Memory of John Landis Speed
Charles & Missy Noon

In Memory of Charles Stiles

Bookwalter United Methodist Church
In Memory of Charles Stiles
Romeo Club
In Memory of Jerry Alexander Wiseman
Lawrence Thomas & Geri Badler
In Memory of Charles and Joyce Worthington
Cheri Worthington

Adopt A Senior Program

Anonymous (20)
Barbara Abner
Tom & Linda Bolen
James & Nancy Bolon
Catherine Cooper
Debbie Coyle
Corine Crawford
Dr. & Mrs. Howard Filston
Joaquim & Lisa Heck
John & Johanna Hoover
David & Janice Ishee
Deborah King
Dawn Kirk
Don & Lynn Kleinfelter
Charles & Annette Levin
Walter & Betty McMillan
Lynn & Frances Morehouse
Tyra Noe & Johnny Gallion
Helen O'Connor
Barbara Olson
Richard Pace
Deborah Perry

Larry & Carolyn Proctor
Grady Renfro
LaVon & Darlene Rickard
Brad & Starr Suneson
J. Lynn & Judy White
Elizabeth Wieselquist
Sylvia Woods
Beaver Creek Cumberland Presbyterian Church - Searchers Sunday School
CMH Manufacturing Inc
Farragut Presbyterian Church Outreach Committee
First Farragut United Methodist Church
Lake Hills Presbyterian Church
Mount Olive Baptist Church - Faith Sunday School Class

Adopt A Senior Program In Memory or Honor

In Memory of Aggie Bell
Sam & Nancy Bills
In Memory of Aggie Bell
Jay & Susan Bush
In Memory of Aggie Bell
Dave & Kirby Collins
In Memory of Aggie Bell
James Walsh
In Memory of Dorothy Frost, my mother
Catherine Cooper
In Memory of Margaret Herron
Lisa Nichols

In Memory of Margaret Herron
Betty Sumrow
In Honor of Johnnie Hoskins
W. H. & Patricia Miller
In Honor of Agnes Kirby
Michael Massengill
In Honor of Susan Long
Dan & Nancy Gaubas
In Memory of Ralph & Dot Merrell
Ron & Margie Collins
In Memory of Betty Ann Miller
Raymond & Delores Chitester
In Memory of Betty Ann Miller
The Jones Nieces & Nephews, Emma, Beulah, Frankie, Sue, Steve, & Don
In Memory of Betty Ann Miller
Mark & Bobbye Stanfield
In Memory of Betty Ann Miller
Patsy Wright
In Memory of Dr. John R. Moore
Himformatic's Team
In Memory of Dr. John R. Moore
Edward Taylor
In Memory of Campbell (Cam) Hall Ogle
Joe & Posey Congleton
In Honor of Frances Pichiarella
Lawrence Pichiarella

In Memory of John Landis Speed
Anonymous
In Memory of John Landis Speed
Steve Baker
In Memory of John Landis Speed
from Angelia Blalock and his many pickleball friends at TTCA in Knoxville
In Memory of John Landis Speed
Lori Busby
In Memory of John Landis Speed
Dustin & Alexandra, Amy, Julie, Mina, Victoria, Kimberly, Maja, and Mika
In Memory of John Landis Speed
Julie Lien
In Memory of John Landis Speed
Priscilla Skalet
In Memory of John Landis Speed
Synergy Solution Group
In Memory of Frances Swatzell and in honor of the Mobile Meals Volunteers
James & Frances Swatzell
One Senior for One Year
Joel Garber
George & Nancy Lefler
Lloyd Pitney

Kaye Williams

One Senior for One Year in Memory of Honor

In Memory of Iris & Sherrod Wells
Jane Wells

Two Seniors for One Year

Mesa Associates, Inc.

Three Seniors for One Year

Harold Elkins

Five Seniors for One Year

John & Wanda Sobieski

Seven Seniors for One Year

Meals on Wheels
America for Subaru
Share the Love Event

Fifteen Seniors for One Year

Anonymous

Twenty-Two Seniors for One Year

Knoxville Fire Fighters Association Local 65

Seventy-Four Seniors for One Year

The Estate of Mary Anne Webster

DAILY LIVING CENTER CELEBRATES JULY 4TH

The John T. O'Connor Daily Living Center celebrated Independence Day with homemade ice cream and a lovely porch concert by Mike Benjamin. We would like to extend a heartfelt "Thank You" to Cigna Health for sponsoring this event and making the holiday very special for the participants at DLC.

The Daily Living Center, a component of the John T. O'Connor Senior Center, is a licensed adult day services center with the mission of providing community-based services to Knox County residents age 60 or older who are in need of a structured program that will develop or improve daily living skills, foster independence through social interaction, and allow the individual to remain in their home and in the community as long as possible.



The program is directed toward senior adults with low incomes or who are receiving Adult Protective Services from the Tennessee Department of Human Services. Income eligibility and fee structure are established by the Tennessee Department of Human Services Social Service Block Grant guidelines.



Daily programming includes meals, group games, music and art therapy, exercise, memory activities and reminiscing, as well as special celebrations and movie days.

For more information, visit knoxseniors.org/daily or call 865-523-1135. ■

FUN FOR EVERYONE AT O'CONNOR CENTER'S SUMMERTIME SENIOR CARNIVAL

Staff and participants of the O'Connor Senior Center would like to thank Echo Ridge Senior Living and Reams Drug Store (formerly Riggs Drugs) for their support and sponsorship of the Summertime Senior Carnival held on July 9th. Everyone who attended was happy to safely be together again to enjoy hamburgers, play games, listen to live music, and enjoy each other's company.

Note: At the time of this event, guidelines from the Center for Disease Control (CDC) did not require the use of masks to protect against COVID-19. ■





Mobile Meals 50th Anniversary Celebration
Registration required by Sep. 2.

Save my seat! _____ (number in your party)

Name: _____

Phone: _____

Email: _____

Can't make it to the celebration?

Donate \$50 for 50 years of Mobile Meals serving homebound seniors in our community.

Donation amount: \$50 Other \$ _____

Cut out this form and mail it to:

Mobile Meals

P.O. Box 51650

Knoxville, TN 37950-1650

You can also register and donate at knoxseniors.org/mm50.

VOLUNTEERS NEEDED

Are you 55+ and want to make an impact in your community?



CLASSROOM GRANDPARENTS

Do you love children?

Can you volunteer a few hours each week at a school?

Do you need a little extra income?

If you answered YES to any or all of these questions,

the Foster Grandparent program is ready for you!

SENIOR COMPANIONS

Do you enjoy helping others?

Can you volunteer a few hours each week helping homebound seniors?

Do you need a little extra income?

If you answered YES to any or all of these questions,

the Senior Companion Program is ready for you!



- Tax-free stipend (does not affect benefits like Social Security)
- Travel reimbursement
- Meal allowance
- Paid training opportunities



865-524-2786

knoxseniors.org

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Cigna

Franklin "Andy" Williams
Benefits Advisor

Knoxville—East TN Market

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ELDER NEWS & VIEWS

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Dottie Lyvers

EDITOR

Rachel Kraft

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OFFICE ON AGING

KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

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

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OFFICE ON AGING: (865) 524-2786

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

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ELDER NEWS & VIEWS

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POSITIVE CHANGES FOR BETTER BRAIN HEALTH

with **Joel G. Anderson,**
PhD, CHTP, FGSA

As of now, prevention is the cure for Alzheimer's. There is promising research and some possible new medicines which could help you build a dementia resistant brain. Join Joel Anderson, PhD, as he gives clinically sound ways of keeping your brain healthy and preventing dementia.



Joel G. Anderson, PhD, CHTP, FGSA, is an Associate Professor at the University of Tennessee College of Nursing. Joel's research program focuses on non-pharmacological interventions for symptom management and caregiver support in Alzheimer's disease and dementia care. Joel is an elected fellow of the Gerontological Society of America. He also is an active member of the International Dementia Scholars Collaborative and the International Family Nursing Association, as well as the Kappa Omicron Nu honor society and the Sigma Xi Scientific Research Society. ■

October 14, 2021 at 2:30 P.M.

Virtual Meeting

For meeting link and phone number, visit knoxseniors.org and click on the blue Council on Aging Meetings box.