

# ELDER NEWS

NOVEMBER/DECEMBER 2021

# VIEWS

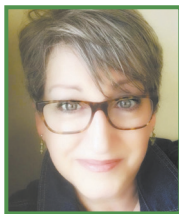
OFFICE ON AGING  
KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

## AGING: A FAMILY AFFAIR

Thursday, Nov. 4, 2021 – Virtual at [knoxseniors.org/AFA2021](https://knoxseniors.org/AFA2021) • 9:15 am – 3 pm

### “Managing the Stress of Caregiving”

**Lori Bishop, Volunteer Executive Director, The Caregiver Superhero Society**



Learn practical tips on how to manage the stress of caregiving.

Lori Bishop is a CERTIFIED FINANCIAL PLANNER™ by trade but became part of the caregiver community in 2015 when her father dropped into a deep depression. He was later diagnosed with frontal temporal dementia. In 2019, her mother was also diagnosed with dementia. She and her husband, Mike, care for them both.

In 2018, Lori became a trainer for the “Dealing with Dementia” workshop, a program developed by the Rosalyn Carter Institute for Caregiving. She hosts a Caregiver Café for family caregivers twice a month in Maryville. In 2020, Lori launched a non-profit, The Caregiver Superhero Society where she serves as Volunteer Executive Director. That organization funds education and support of family caregivers.

### “Protecting Yourself from Cyber Crimes”

**Federal Bureau of Investigation**



Learn more about what you can do to protect yourself from cyber criminals, how you can report cyber crime, and the Bureau's efforts in combating the evolving cyber threat.

The FBI is the lead federal agency for investigating cyber attacks and intrusions. They collect and share intelligence and engage with victims while working

to unmask those committing malicious cyber activities, wherever they are.

### “Power of Attorney: Why is it So Important?”

**Amelia Crotwell, Certified Elder Law Attorney, Elder Law of East Tennessee**



Learn what characteristics should be considered when choosing a POA, and how to identify and choose a POA.

Amelia Crotwell, founder of Elder Law of East Tennessee, serves as the managing partner of the firm, guiding strategic planning and growth to help reach more families in East Tennessee. Amelia has helped families with long-term care and special needs challenges for almost 20 years. She practices primarily Life Care Planning and special needs trusts, but she also pitches in to collaborate with ELET attorneys, lending her experience on questions of elder law, wills and trusts, Medicare, Medicaid planning, trust administration, probate, and veterans benefits planning.

### “Tools to Manage your Mental Health”

**Jennifer Perion PhD, CHES, Assistant Professor, The University of Tennessee College of Public Health**



Learn how to identify when your loved one is struggling with their mental health. Also learn practical tips on how to help, and managing your own mental health.

### OUTDOOR SENIOR EXPO

At Aging: A Family Affair Outdoor Senior Expo, you can visit vendors providing information on programs and services for seniors as well as goodies you can take home.

**Wednesday, November 3  
1 pm – 4 pm**

**O'Connor Senior Center  
Parking Lot (611 Winona St.)**

*Please wear a mask or face covering.  
Social distancing will be practiced.*

Jennifer Perion, PhD, CHES earned a Master of Arts in Liberal Studies and then a PhD in Health Education from the University of Toledo. As a doctoral student she earned a Master Online Instructor Certificate and became a Certified Higher Education Course Reviewer for Quality Matters. She has a Graduate Certificate in Contemporary Gerontological Practice and her research interests are focused on aging, especially the needs of family and professional caregivers and the social experiences of older adults with dementia.

### “Medicare and Social Security Update”

**Heather Majka, Owner, Citizens Insurance Solutions**



Learn the latest updates for Medicare and Social Security for 2022.

Heather Majka, the owner of Citizens Insurance Solution is a local Medicare subject matter expert and is the state's only Certified Social Security Claiming strategist. Citizens Insurance Solutions (CIS) has a team of folks all over the US with HQ right here in East TN. We are a women- and Veteran-owned small business. ■

#### REGISTRATION AND INFORMATION AT KNOXSENIORS.ORG

Registration fees are \$15 but scholarships are available for students and seniors. Call 865-524-2786 BEFORE registering if you would like a scholarship.

Certificate of Completion is available for those needing CEUs. Please call 865-524-2786 to request yours.

Thank you to our sponsors!



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## NOW ACCEPTING DUNCAN AWARDS NOMINATIONS

The annual Senior Information & Referral (SIR) fundraiser, the “Duncan Awards” is an event held each spring to honor individuals who embody the legacy of the late U. S. Representative John J. Duncan, Sr., who was an advocate for seniors of the Second District. SIR is seeking two nominees who exhibit outstanding advocacy for seniors and senior issues in Knox County. The two categories for nominations are as follows: **Professional** - Eligible individuals are those who work with seniors in Knox County, and demonstrate a strong commitment for addressing the needs of this population. Individuals who go above and beyond the duties of their positions to advocate for the seniors they serve. **Volunteer** - Eligible individuals are those who serve in Knox County and display a passion for serving the needs of the seniors in this community. Individuals who give of their time and talents to assist, advocate for seniors and address senior issues. Nominations for the “Duncan Award,” will be accepted through Friday, January 14, 2022. If you would like to nominate a person you feel embodies the spirit of this award please send their name, their contact information, a brief biography and explanation of why you feel they should receive the award to: Duncan Award Nominee: SIR PO Box 51650, Knoxville TN 37950-1650 or email [sir@knoxseniors.org](mailto:sir@knoxseniors.org). The 20th Annual John J. Duncan, Sr., Senior Advocacy Award Reception will be held in May 2022. Date and Location to be determined. ■



## SNAP INTO BETTER HEALTH

The Supplemental Nutrition Assistance Program (SNAP) is the nation’s largest food and nutrition assistance program for low-to-moderate income households.

The program is designed to ensure food security for those who may struggle to put healthy food on the table.

Often, those who could benefit from SNAP do not apply for it because they think they are ineligible. That is sometimes the case, but not always. What they may not know is that any



household, with or without children, seniors age 60 and older, and disabled individuals are able to deduct shelter costs, dependent care, and medical care expenses to reduce their gross income, which increases eligibility for the program.

Are you eligible for SNAP? The best way to find out is to call the Office on Aging’s SNAP Outreach Coordinator, who can help you determine eligibility and take your application over the phone or in-person (practicing COVID-19 safety protocol). It’s a simple process. Call Alice Allen today to see if you are eligible for SNAP benefits to put more healthy food on your table. Call 865-524-2786, Monday-Friday, 8 am – 4:45 pm. ■

# COMING SOON!

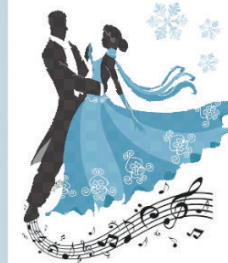
## Snowflake Ball

to benefit the  
Senior Companion Program

## Winter 2022

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

#SnowflakeBall2022





# BRING FOOD AND HOLIDAY CHEER TO SENIORS AND THEIR PETS

It's that giving time of the year once again. Below are ways your holiday spirit can benefit the clients and pets of the Knox PAWS/FAP programs.

Monetary donations (how your monetary donation can be used)

- \$150 covers the annual vaccinations and exam for 1 pet
- \$75 covers 1 year of heartworm prevention for 1 pet
- \$130 covers grooming for 1 pet 4 times a year
- \$200 feeds 1 pet for a year
- \$500 dental prophylaxis and extractions
- \$1000 emergency veterinary care (average cost)



Use our **Amazon Wish list to get just the right gifts. Just scan this QR code.**



Monetary donations can be made at [knoxseniors.org/paws](http://knoxseniors.org/paws).

- Small to Medium pet beds
- Small soft blankets
- Small to Medium dog clothing (sweaters, jackets, etc.) Soft squeaky dog toys (small sizes) Cat toys (balls, soft mice etc.)
- Mid-grade dog and cat treats *\*\*While the tendency is to buy high quality or "trendy" treats, these pets served are not accustomed to such items and prefer "cheaper stuff" they would rather have 10 bags of \$1.00 treats versus 1 bag of \$10.00 treats\*\**

## PET FOOD DONATION DRIVE

**November 8-12**

Scan the QR code to view our Amazon Wishlist and purchase the right kind of pet food and pet supplies.

### DOG FOOD

8# Purina One/Smart Blend Small Bites  
4# bag Kibbles and Bits Small Bites  
4# bag Pedigree Small Bites  
4# bag Beneful Small Bites

### CAT FOOD

3.15# bag Friskies  
3.15# bag Purina Cat Chow  
3.15# bag Meow Mix  
3.15# bag Kit and Kaboodle  
*Canned cat food accepted*

*No canned dog food needed*

*Financial donations are always welcome at [www.knoxseniors.org/paws](http://www.knoxseniors.org/paws).*

## Drop off Locations

**Ross Building**  
2247 Western Ave

**Dogwood Animal Clinic**  
5900 Chapman Hwy

**Asheville Hwy Animal Hospital**  
4516 Asheville Hwy

**Forest Park Animal Clinic**  
318 N Forest Park

**K9 Center of East Tennessee**  
11225 Threadstone Ln

## NOURISHING CHANGE PROGRAM SUPPORTS KNOX PAWS AND FEED-A-PET

When you shop at Three Rivers Market during the month of December, be sure to round-up your change at the cash register.

Everything collected goes to support Knox PAWS and Feed-a-Pet and the great work they do for seniors and their furry friends in Knoxville.

Knox PAWS and Feed-a-Pet are both programs of Knoxville-Knox County CAC Office on Aging.

Three Rivers Market is located at 1100 N Central St, Knoxville, TN 37917. Open Daily 10 am – 7 pm. ■



# BRIGHTEN THE HOLIDAY FOR HOMEBOUND SENIORS BY DONATING GIFT BAGS!

Mobile Meals volunteers deliver a hot meal and holiday greeting on Christmas Day to homebound seniors who may otherwise go without. We are appreciative of our community for its generosity in providing gift bags of useful items to be included with meal delivery. Gift bag donations are being accepted at two locations (see details below)\* and we have provided a suggested list of items for you to choose from. Although the items themselves are not of great value, they are priceless to those who receive them. For many, this is the only gift they will receive. Our Mobile Meals office always receives many touching thank you notes and calls from appreciative, grateful recipients.

Mobile Meals is again partnering with Grayson Subaru to fight senior isolation and hunger.

This local effort is part of the national Share the Love event. The Meals on Wheels / Subaru of America event dates are November 18 2021 – January 3 2022. During this time, Subaru will

donate \$250 for every new Subaru purchased or leased to the customers charity of choice (including Meals on Wheels). Those funds, in turn, will be distributed to Mobile Meals (the Meals on Wheels member for Knox County). Last year's event brought in the largest donation in a single STL year event to date, which is very impressive in such a year full of uncertainty.

[www.knoxseniors.org](http://www.knoxseniors.org) - look for the gift icon



Knox County Mobile Meals



## GIFT DROP-OFF INFORMATION:

**Saturday, November 28 – Thursday, December 9**

Grayson Subaru, 8729 Kingston Pike  
Monday through Friday 9 am–8 pm  
and Saturday 9 am–6 pm

**Monday, November 29 – Friday, December 10**

CAC Ross Building, 2247 Western Avenue

Bring to main entrance; call 524-2786 for assistance

Monday through Friday only 8 am- 4:30pm

## SUGGESTED GIFT SELECTIONS

**Please include 1-3 items from each category in gift bag**

- “Utility” magnifying glass, large pens, stationery/ envelopes / stamps, small notepads, flashlight, batteries, night light, pill boxes.
- LARGE PRINT: crossword books, word search, magazines, books, clocks (large numbers), watches (large numbers)
- “Personal Care” lip balm, bars of soap, face masks
- SMALL SIZE (mini or no more than 8 oz.): lotion, body wash, shampoo/conditioner, powder, hand sanitizer, shave gel
- Grooming combs, hairbrushes, toothbrushes, toothpaste, nail clippers/files, tissues
- Home & Kitchen hand towels, washcloths, dish towels, dish liquid, sponges, plug-in air



freshener, refrigerator magnets, EZ open jar opener, can opener, soft grip jar gripper pads

- “Comfort” throws (lap robes), socks (non-skid soles), scarves, gloves, hats, small umbrellas

## BRING GIFTS:

**Please bring gifts in small - medium-sized gift bags (preferred), or unwrapped**

## Mark gift bags:

Male, Female, or Either

## Do not include:

- Food items
- Candles
- Glass items
- Clothing (sizes uncertain)

*Note: lotions, shampoo, body wash etc. should be no more than 8 oz. bottles (large bottles can be difficult to lift) ■*



# O'CONNOR CENTER SCHEDULE – NOVEMBER/DECEMBER

**Classes and safety precautions are subject to change. Please visit our Facebook page ([facebook.com/oconnorseniorcenter](https://facebook.com/oconnorseniorcenter)) or call us at 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 will 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](https://facebook.com/oconnorseniorcenter) for any additional announcements and virtual activities!

The O'Connor Senior Center will be closed on

- Thursday, November 11 for Veterans Day
- Thursday & Friday, November 25 & 26 for Thanksgiving Holiday
- Thursday & Friday, December 23 & 24 for the Winter Holiday

**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 pm – 1:00 pm. 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.

**Crafting for a Cure:** Crafting classes benefitting Alzheimer's Tennessee and Alzheimer's Association. Cost is \$5.00; Call to register!

**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.**

**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.**

**Friday Afternoon Dances:** Nov 12 and Dec 10. "ALL TYPE" dance with great music, light refreshments, fun, and a special DJ from Pro-Audio Mobile DJs. Suggested donation is \$5.

**Flower Lovers Garden Club:** Meets second Friday: Nov 12 and Dec 10 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; Call for movie title.

**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](mailto:tracy.tolley.hunter@gmail.com) or call the Center for additional information if you are interested in participating in a hike.

**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!

**Knox Threaders:** Tuesdays & 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.

**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.

**Silver Stage Players Holiday Performance:** The Silver Stage Players present The Book Club. A story about some delightful friends who aren't that passionate about reading but are passionate about the quality time they spend together. Call ahead to reserve your seat as this performance will have limited capacity.

**Spanish:** Advanced class Fridays at 11:30 am. 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 pm on Facebook Live! This is fun for everyone and we will be giving out prizes for the winners.

**Continued on page 8**

NOVEMBER 2021 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
1 10:00 Mahjongg 10:30 Tai Chi & Qigong 12:30 Fun Film Monday	2 9:00 Knox Threaders 9:30 Emotional Wellbeing 11:00 Italian 1:30 Open Painting	3 9:00 Toenail Clipping Clinic 10:00 Advanced Painting 10:30 Tai Chi & Qigong 12:00 Bingo 12:30 Afternoon Painting 1:00 Genealogy	4 9:00 Knox Threaders 9:30 Emotional Wellbeing	5 11:00 Silver Stage Players
8 9:30 Creative Writers 10:00 Mahjongg 10:30 Tai Chi & Qigong 12:30 Fun Film Monday	9 9:00 Knox Threaders 9:30 Emotional Wellbeing 11:00 Italian 1:30 Open Painting	10 9:00 Toenail Clipping Clinic 10:30 Tai Chi & Qigong 10:30 Veteran's Appreciation Drive Thru 12:00 Bingo 1:00 Genealogy	11 CENTER CLOSED 	12 12:00 Flower Lovers Club 2:00 Friday DJ Dance
15 10:00 Mahjongg 10:30 Tai Chi & Qigong 12:30 Fun Film Monday	16 9:00 Knox Threaders 9:30 Emotional Wellbeing 11:00 Italian 1:30 Open Painting	17 9:00 Toenail Clipping Clinic 10:30 Tai Chi & Qigong 12:00 Bingo 1:00 Genealogy	18 9:00 Garage Sale 9:00 Knox Threaders 9:00 Open Enrollment with AMOS 9:00 Knox Threaders 9:30 Emotional Wellbeing 11:00 Thanksgiving Meal Pick-Up	19 11:00 Silver Stage Players
22 9:30 Creative Writers 10:00 Mahjongg 10:30 Tai Chi & Qigong 12:30 Fun Film Monday	23 9:00 Knox Threaders 9:30 Emotional Wellbeing 11:00 Italian 1:30 Open Painting	24 10:30 Tai Chi & Qigong 12:00 Bingo 1:00 Genealogy	25 CENTER CLOSED 	26 CENTER CLOSED 
29 10:00 Deck the Halls Event 10:00 Mahjongg 10:30 Tai Chi & Qigong 12:30 Fun Film Monday	30 9:00 Knox Threaders 9:30 Emotional Wellbeing 11:00 Italian 1:30 Open Painting			

RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 Billiards Room Open 9:30 Blood Pressure Checks 10:00 Mahjongg 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 9:30 Blood Pressure Checks 10:00 Advanced Painting; 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 12:30 Fun Film Friday

## DECEMBER 2021 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY	
<div>RECURRING EVENTS CAN BE FOUND AT THE BOTTOM OF THE PAGE</div>		1 10:00 Advanced Painting 10:30 Tai Chi & Qigong 12:00 Bingo 12:30 Afternoon Painting 1:00 Genealogy	2 9:00 Knox Threaders 9:30 Emotional Wellbeing	3 11:00 Silver Stage Players	
	6 10:00 Mahjongg 10:30 Tai Chi & Qigong 12:30 Fun Film Monday	7 9:00 Knox Threaders 9:30 Emotional Wellbeing 11:00 Italian 1:30 Open Painting	8 10:30 Tai Chi & Qigong 10:30 Veteran's Appreciation Drive Thru 12:00 Bingo 1:00 Genealogy 1:00 Silver Stage Players Holiday Performance	9 9:00 Knox Threaders 9:30 Emotional Wellbeing	10 12:00 Flower Lovers Club 2:00 Friday DJ Dance
	13 9:30 Creative Writers 10:00 Mahjongg 10:30 Tai Chi & Qigong 12:30 Fun Film Monday	14 9:00 Knox Threaders 9:30 Emotional Wellbeing 11:00 Italian 1:30 Open Painting	15 10:30 Tai Chi & Qigong 11:00 Holiday Meal Pick Up 12:00 Bingo 1:00 Genealogy	16 9:00 Garage Sale 9:00 Knox Threaders 9:30 Emotional Wellbeing	17
	20 10:00 Mahjongg 10:30 Tai Chi & Qigong 12:30 Fun Film Monday	21 9:00 Knox Threaders 9:30 Emotional Wellbeing 11:00 Italian 1:30 Open Painting	22 10:30 Tai Chi & Qigong 12:00 Bingo 1:00 Genealogy	CENTER CLOSED 23 	CENTER CLOSED 24
	27 9:30 Creative Writers 10:00 Mahjongg 10:30 Tai Chi & Qigong 12:30 Fun Film Monday	28 9:00 Knox Threaders 9:30 Emotional Wellbeing 11:00 Italian 1:30 Open Painting			

## RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 Billiards Room Open 9:30 Blood Pressure Checks 10:00 Mahjongg 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 9:30 Blood Pressure Checks 10:00 Advanced Painting; 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 12:30 Fun Film Friday



Continued from page 8

**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 am, \$1.50. A 12-hour fast is recommended to insure a correct reading.

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

**Co-Ed Senior Softball:** Tuesdays & Thursdays, 9:00 am-12:00 pm

**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.

**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 pm. Class is FREE for most insurance members so call for details.

**Taoist Tai Chi Set Practice:** Tuesdays and Thursdays at 10:00 am. Instruction unavailable at this time for Taoist Tai Chi.

**Tai Chi & Qigong:** Mondays & Wednesdays at 10:30 am, 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.

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

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 August and September 2021.

**Foster Grandparent Program**  
In Memory of Cathy LaVonne DuBose  
William Cox

**Gift of Sight, Hearing, and Dentures**  
Patricia Lerch  
Andrew & Tracy Scruggs

**Grandparents as Parents**  
Theodore Kern, Attorney-at-Law  
Dwight & Tracy Van de Vate  
Buttermilk Sky Pie Shop  
Newcomers Club of Knoxville

**Knox PAWS**  
Monica Franklin  
Peter & Fawn Landrum  
Harry & Ruth McLeod

Stephen Oliver  
Natalie Smith  
Emily Taylor  
Patricia Woods  
Jonathan & Mary Woody  
In Honor of Carol Harold  
Kevin & Linda Staton  
In Memory of Doug Maxwell  
David & Charlotte Schlichting  
In Memory of Lucille Millspaugh  
Anonymous  
In Memory of Max, Sophie, Cleo, MeeGo, Riley & SamBear Randolph  
Anonymous  
In Memory of Angela Darlene Townsend  
Kevin & Linda Staton

**Office on Aging**  
Anonymous  
Welcome Wagon Social Club  
  
**Senior Companion Program**  
Monica Franklin

**Daily Living Center**  
Monica Franklin  
Akima Club, Inc  
Messiah Evangelical Lutheran Church

**John T. O'Connor Center**  
Mrs. Alice Allen  
Diane Bird  
Charles & Wilma Branner  
Carin Branson  
Linda Caldwell

Mary Carr  
Susan French  
Darrell Johnson  
Charlotte Justice  
Daniel Patterson  
Terry & Patricia Rozelle  
Lester Smith  
Larry & Chris Warren  
Bob Wilson  
Joy Wilson  
Victoria Wright  
Dirty Ol' Butt Slappers  
Dr. Greene and Family Foundation  
FirstLight Home Care  
Happy Hikers  
Home Federal Bank  
MediCall HomeCare  
The Keller Group

The Melrose Foundation, Inc.  
Three Rivers Market  
In Memory of Gwen Minshew  
Jonah & Jennifer Beckler  
In Memory of Gwen Minshew  
Becky Chaffee  
In Memory of Gwen Minshew  
Pat Whaley  
In Memory of Gwen Minshew  
Barry & Margot Wickes  
In Memory of Charles & Jeanne O'Connor  
Ian O'Connor  
In Memory of Allen George Smith  
Christine Hartman  
In Memory of Allen George Smith  
Scott & Dee Vande Linde



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 August and September 2021.

Anonymous (60)  
Diana Amann  
Bob Andres  
Steve & Barbara Apking  
Elbert & Jane Armstrong  
Claude Barnes  
Midori Barstow  
Berta Bergia  
Jeanne Bishop  
Rose Boll  
Ken & Debra Brock  
Joyce Brown  
James Bruce  
Nancy Burwell  
Wanda Caldwell  
Kevin Campbell  
Donald & Virginia Cannon  
Charles & Lisa Chambers  
Doris Cole  
Steve & Jane Combs  
Barbara Cook  
Sherman & Roberta Cook  
Gary Cooper  
John Cooper  
Richard & Susan Cowan  
James & Brooksie Cox  
Thomas & Andrea Coyne  
David & Clare Crawford  
Richard & Suzanne Croisdale  
Walter & Angela Cross  
Ann Delap  
Robert & Teresa Dempsey  
Susan Denning  
William Dixson  
Clyde & Carol Sue Drummond  
Don & Nancy Dunning  
Ricky Dye  
Ruth Feinberg  
Neil & Linda Feld  
Cynthia Finch  
Michael, Deisha, & Avi Finley  
Charles & Anne Fleenor  
Gary & Dianne Forry  
Barbara Froula  
Pete Garza  
Mark & Nan Gaylord  
Donald & Elizabeth Gilbert  
Jim & Carol Gray  
Marcia Gray  
Michael Gray  
Angeline Green  
Billie Greene  
Princess Haas  
Norma Beth Hamm  
Arthur Harris  
Marty Hatfield  
Bambi Held  
Arlie & Kathleen Henry  
Ruben & Arlene Hernandez  
Mark & Sally Hester  
Janice Hixson  
Laura Hobbs  
David & Mary Jo Holden

Paul & Glenda Houston  
Dan & Nancy Hugh  
Randy & Sue Humble  
Renee Hyatt  
Ben & Libba Jaco  
Deborah Johnson  
Melissa Johnson  
Barbara & Richard Kelly  
Robert Kemp  
Dawn Kirk  
Deborah Lamb  
Kurt & Patricia Land  
J. S. & Julie Lawler  
Anne Marie Lee  
Russ Lewis  
Harvey & Marilyn Liberman  
Ellen Lofaro  
Debbie Lowe  
George & Faye Massey  
Margaret Massey-Cox  
Kari McCluer  
David McCormick  
Suzanne McGinley  
Harry & Ruth McLeod  
Kenneth & Polly McNutt  
William & Diane Melton  
Peggy Minge & Brian Sipe  
Brent & Judy Moore  
Helen O'Connor Morton  
Vivian Moser  
Katelyn Mull  
Mike & Stacey Mysinger  
Julie Neil  
Brenda Newman  
Nancy Newman  
Diane Nichols  
James & Christina Nixon  
Carolyn Norris  
Janet Oakes  
Gerald Perlman  
Bill & Linda Pickett  
Teresa Prislovsky  
Larry & Carolyn Proctor  
Norman Queener  
Rolland & Joan Regester  
John & Marjorie Reynolds  
John & Patricia Riblett  
H. W. & Patricia Rimmer  
Thomas & Charlotte Schumpert  
Jim & Ann Shay  
Ronald & Virginia Shrieves  
Dave & Vim Silvus  
Kerstin Sisco  
John Slaten  
Hubert Smith  
John & Elizabeth Smith  
James & Nancy Staub  
Daniel & Michaeline Steinhoff  
Beth Stivers  
Bob & Maureen Stokes  
David & Jane Stroud  
Brad & Starr Suneson  
William & Jo Terry

Brandon Thompson  
Linda Townsend  
Thomas Ungs  
Martha Vaigneur  
Laura Van Eps  
Sam & Mary Ann Venable  
William Walters  
Raymond & Joyce Weedon  
Abigail Wegman  
Joan Weis  
Sylvia Whitehouse  
Stephen & Caroline Wilder  
Linda Williams  
Cheri Worthington  
Colonial Heights United  
Methodist Church - J. Ray  
Stuart Sunday School Class  
Crestwood Ladybugs Garden Club  
Friends of John Rosson  
IREM East Tennessee Chapter  
No. 57  
Lt. Gov. Randy McNally McPAC  
OEB Law, PLLC  
Smithwood Baptist Church - Joy  
Class  
Strata-G, LLC

Senior Nutrition Program In Memory or Honor

In Memory of Jean Mann Berger  
Neil & Linda Feld  
In Honor of Margaret Blombach  
Allan & Donna Ellstrom  
In Memory of Peggy Bradbury  
Dennis Bradbury  
In Memory of Willard C. Davis  
Eva Davis  
In Memory of Jack Dotson  
Terry Bednarz & Laura  
Honaker of the Norwood  
Branch Library  
In Memory of Ernestine "Ernie"  
McCall Dougherty  
Marcy Butler  
In Memory of Ernestine "Ernie"  
McCall Dougherty  
Tom Butler  
In Memory of Ernestine "Ernie"  
McCall Dougherty  
Jimmy & Pam McBride  
In Memory of Paul D. Ewing  
Virgie Ewing  
In Honor of Susie Ford  
Anonymous  
In Memory of Delores Hauther  
Stella Harris  
In Honor of Johnnie Hoskins  
W. H. & Patricia Miller  
In Honor of Libba Jaco  
Phil & Fran Keith  
In Memory of Irma Keith

Phil & Fran Keith  
In Memory of Shirley Meyer  
Anonymous  
In Honor of Charles and Faye  
Reese  
Ken & Ondie Reese  
In Memory of Dr. Marge Reynolds  
and Barbara Monty  
Anonymous  
In Memory of Robert Schutt  
Joanne Schutt  
In Honor of Donald and Helen  
Sparks  
Ken & Ondie Reese  
In Memory of Melissa White  
Stamps  
Dawson Patty  
In Memory of Frances Swatzell  
and in honor of the Mobile Meals  
Volunteers  
James Swatzell  
In Memory of Barry Kenneth  
Webb  
Stella Harris  
In Memory of Charles and Joyce  
Worthington  
Cheri Worthington

Adopt A Senior Program

Anonymous (31)  
Barbara Abner  
Virginia Anagnost  
Melissa Ashburn  
Samuel Beall  
Ivan Beltz  
Dan & Nancy Berry  
James & Nancy Bolon  
Robert Booker  
M. P. Borden  
Charles & Wilma Branner  
Jim Brine  
Gary Childress  
Norma Cox Cook  
Catherine Cooper  
Larry & Debra Cooper  
Debbie Coyle  
Betsey Creekmore  
Patricia Cristil  
Billy & Susan Culbreth  
Kevin & Amy Denning  
Lee Doane  
Sherry Ellis  
Thomas Evans  
Michael, Deisha, & Avi Finley  
Adrian & Cathy Gonzalez  
Carol Goris  
Paul Grubb  
Philip & Nancy Guertin  
Anne Hill  
Jeff & Peggie Hodgson  
Jack & Brenda Holt  
David & Janice Ishee  
Edna Ivey

Kalman Johnson  
Melissa Johnson  
James & Darlene Lara  
Candace Lasley  
Sherri Lee  
Michael & Nancy Lofaro  
Gloria Ann Lunsford  
Gregory Mackay  
William & Violet Martin  
Michael Massengill  
Sen. Becky Duncan Massey  
Helen O'Connor  
Richard Pace  
Lewis Patterson  
Laurie Pearl  
Dr. Reuben & Barbara Pelot  
Charles & Marie Perelman  
Deborah Perry  
Bruce & Christina Pint  
Carl & Mary Porter  
Amy Rauer  
LaVon & Darlene Rickard  
John & Anne Rochester  
Brad & Starr Suneson  
Alison Taylor  
John Vanlandingham  
Philip & Laura Watson  
Gary & Patti West  
Harlan & Jean Whitehead  
Harold Wimbley  
Leon & Kay Zevenbergen  
Beaver Creek Cumberland  
Presbyterian Church -  
Searchers Sunday School  
Brunswick Boat Group  
Christopoulos & Kennedy  
Construction Inc  
Emmanuel United Presbyterian  
Church  
Farragut Presbyterian Church  
Outreach Committee  
Harrison Construction  
RV's For Less, LLC  
Snooty Anti-Aging & Wellness,  
Inc

Adopt A Senior Program In Memory or Honor

In Memory of Aggie Bell  
Pat Scruggs Family  
In Memory of Gerhard Blombach  
Margaret Blombach  
In Memory of Stan Boling  
Anonymous  
In Memory of Martha Katherine  
Bruner  
Anonymous  
In Memory of Ernestine "Ernie"  
McCall Dougherty  
Anonymous  
In Memory of Ernestine "Ernie"  
McCall Dougherty  
The Champagne Family

In Memory of Ernestine "Ernie"  
McCall Dougherty  
Michel Champagne  
In Memory of Ernestine "Ernie"  
McCall Dougherty  
Carolyn Hartigan-Smith  
In Memory of Jack Dotson  
Anonymous  
In Memory of Jack Dotson  
Lesley Martin  
In Memory of Jack Dotson  
Vicki Riggs  
In Honor of Johnnie Hoskins  
W. H. & Patricia Miller  
In Memory of Edith Johnson  
Anonymous  
In Memory of Donald Lerch  
Anonymous  
In Memory of Ralph & Dot Merrell  
Ron & Margie Collins  
In Memory of Barbara Monty  
David Massey & Jamie Harris  
In Memory of Dr. John R. Moore  
Linda Gunnells  
In Memory of Frances Swatzell  
James Swatzell  
In Memory of Frances Swatzell  
and in honor of the Mobile Meals  
Volunteers  
James Swatzell  
In Honor of Patti West  
Mary Simerly

One Senior for One Year

Anonymous  
Ronald & Jeanne Beatty  
John & Sabra Buchheit  
Arthur Cathers  
Robert & Honerlin Del Moro  
Harold Elkins  
Wayne & Diane Lankford  
Greg & Jan McWhorter  
John & Janet Mullins  
Covenant Health  
K & J Concrete Polishing Inc

Two Seniors for One Year

East Tennessee Foundation -  
Packard Fund

Three Seniors for One Year

Theresa Wright

Seven Seniors for One Year

Douglas & Jeanette Ramey

Connecting Hearts

Sequoyah Hills Presbyterian  
Church

# TOY DRIVE FOR TEENS AND TOTS

Make a child's, grandparent or grandfamilies Holiday Season special by being a sponsor.

Donate new or gently loved toys, books, toiletries, stuffed animals, teen items, games 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 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 our office to join GAP and receive the monthly newsletter and other information.

Call GAP at 865-524-2786. ■

## MOBILE MEALS HOLIDAY CARDS ON SALE

Send a message to your family, friends, and loved ones while supporting Mobile Meals. This year's greeting card features beautiful Cardinals... a symbol of hope & joy, created



by Becky Harmon, a member of the Art Class at the O'Connor Senior Center. The greeting cards are blank inside and each pack, with envelopes, costs only \$10. All proceeds will go directly to providing meals to homebound seniors in need. Mobile Meals Holiday Cards can be purchased online at [www.knoxseniors.org](http://www.knoxseniors.org) (\$5 postage fee for up to 2 packs). You can also pick them up at the CAC Ross Building, 2247 Western Avenue and at the O'Connor Senior Center 611 Winona Street. ■

## AMOS HELPS WITH MEDICARE ANNUAL ENROLLMENT

The 2021 Medicare Open 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 [www.knoxseniors.org](http://www.knoxseniors.org). [go to Services - Information & Benefits - AMOS - scroll down to download and print PDP Worksheet.] You can copy the form, complete and send to [peggy.ransom@knoxseniors.org](mailto:peggy.ransom@knoxseniors.org).

We will be helping with Annual Enrollment in the O'Connor Senior Center computer lab from 9am to noon

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. ■





**“ I wasn't sure if I needed calls, but when I lost my best friend, I needed someone that was honest and not judgmental. My care-caller is a joy! ”**

**“ I look forward to my calls. It's a sense of relief to talk to someone who actually listens. ”**

**“ There's more than one way to worry! — My care-caller has great insight and has well rounded thinking on different issues. I don't have to worry so much after we talk. ”**

**senior care calls**

**Make a friend & volunteer to support a lonely senior.**

**865-524-2786 or  
knoxseniors.org/senior-care-calls**

An initiative of the CAC Retired and Senior Volunteer Program

**mobile meals**  
**50**  
1971 **m** 2021

**Thank you to our CAC Mobile Meals 50th Anniversary Sponsors!**

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*Patricia Nash*

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TIS Insurance Services, Inc.  
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Long, Waters & Ragsdale

Visit our website to:  
**Donate \$50 for 50 years of service to homebound Knox County seniors**  
**View "Mobile Meals Celebrates 50 Years" inspiring video**  
**Volunteer to deliver meals**

**mobile meals** MobileMealsVols@knoxseniors.org  
**(865) 524-2786**

**knoxseniors.org/mobile**

## ELDER NEWS & VIEWS

### OFFICE ON AGING DIRECTOR

Dottie Lyvers

### EDITOR

Rachel Kraft

Knoxville-Knox County CAC Office on Aging  
The Ross Building, 2247 Western Avenue P.O. Box 51650 • Knoxville, TN 37950-1650  
Phone: (865) 524-2786 • Fax: (865) 546-0832  
knoxooa@knoxseniors.org • www.knoxseniors.org



# OFFICE ON AGING

KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

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

## ELDER NEWS & VIEWS

IS THE NEWSLETTER OF  
THE KNOXVILLE-KNOX COUNTY OFFICE ON AGING

OFFICE ON AGING: (865) 524-2786  
O'CONNOR SENIOR CENTER: (865) 523-1135

### IN THIS ISSUE

- AGING: A FAMILY AFFAIR, **PAGE 1**
- DUNCAN AWARD NOMINATIONS, **PAGE 2**
- DONATE GIFT BAGS, **PAGE 4**
- O'CONNOR CALENDARS, **PAGES 6 & 7**
- MOBILE MEALS HOLIDAY CARDS, **PAGE 10**

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## NOVEMBER/DECEMBER 2021 ELDER NEWS & VIEWS PAGE 12

# DECEMBER COUNCIL ON AGING PROGRAM SURVIVING THE HOLIDAYS

The holiday season can bring mixed emotions. For many, it is truly a joyful time but for others, it brings feelings of anxiety, sadness and grief. Seeing friends and family members may be exciting or may bring disappointment and conflict. Join Diana Brown Taylor as she gives practical tips on making



**Thursday, December 9, 2021**  
**2:30 pm**  
**Virtual Program**

the most of the holiday season, especially in the midst of a pandemic.

Diana Brown Taylor is a licensed clinical social worker who has 28 years of varied experience in healthcare and counseling. Her passion for geriatrics began when she was a

graduate school intern at the Office on Aging in the Project Live Program. She then worked for the Geriatric Assessment Program and was the manager of an Adult Day Care. She has been involved with Alzheimer's TN as a support group facilitator and most recently as a featured speaker for The Memory Cafe. Diana is currently in private practice with Behavioral Medicine Institute on Highland Place Way in Knoxville and is also ordained clergy in the United Methodist Church.

Find the link to the program at [knoxseniors.org](http://knoxseniors.org). ■