

ELDER NEWS

MARCH/APRIL 2022

VIEWS

OFFICE ON AGING
KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

PANCAKE FEST

We hope you will join us at O'Connor Senior Center's Annual Pancake Fest fundraiser on April 1st! Put on your mask and visit the Senior Expo in the North Addition. Vendors will be on hand to offer information on local services and resources. On the way to pick up your pancakes to-go in the Auditorium, plan to stop in and shop the senior artisan craft fair.

Our elected officials and celebrity pancake flippers will be on hand to flip your flapjacks. Weather permitting, we will have a few dining tables set up outside if you want to enjoy your



breakfast al fresco! For drive-thru orders, call ahead at 865-523-1135 and you can pick them up under the awning at the front doors of the building.

FRIDAY, APRIL 1, 2022
7 AM - 1 PM
O'CONNOR SENIOR CENTER

For \$5, you will receive a generous helping of pancakes, sausage, and all the fixings. Gluten-free, sugar-free, and heart-healthy options will be available. Visit our Facebook page for any updates to the day's schedule. Proceeds benefit the O'Connor Senior Center.

Tickets are available at the event or online at <https://givebutter.com/PancakeFest2022>. You can also purchase tickets at the O'Connor Senior Center and at the Office on Aging. ■

**WE NEED YOUR
FEEDBACK!**

Save the Date

**Knoxville-Knox
County Senior
Needs Assessment**

Thursday, May 12

CALL FOR CENTENARIANS

Do you know a senior who is or will soon be 100 years old or older? Senior Information & Referral at the CAC Office on Aging would like to recognize them with a special gift of flowers in honor of Older Americans Month this May. If you know a centenarian, call Senior Information & Referral at 865-546-6262. Thanks to Food City and Random Acts of Flowers for their support of this tradition. ■



MARCH FOR MEALS CELEBRATES A SPECIAL ANNIVERSARY

It's the 50th anniversary of the National Senior Nutrition Program!

For the past 20 years, the Meals on Wheels network has claimed the month of March as its time to join forces to strengthen the impact of its efforts and rally communities to bring attention to the service they are providing to seniors. This year, during March for Meals, programs nationwide will celebrate the 50th Anniversary of the Older Americans Act (OAA) Nutrition Program alongside our partners at the Administration for Community Living (ACL).

The annual March for Meals celebration commemorates the historic day in March of 1972 when President Nixon signed into law a measure that amended the Older Americans Act to include a national nutrition program for seniors 60 years and older. While this legislation was experiencing delays in becoming a reality, our CAC leaders saw the need to bridge the gap with alternative funding. Local government (Mayor Kyle Testerman) responded to their request for help by awarding \$75,000 in general revenue sharing money to tide the Mobile Meals



program over until funds became available through the OAA amendment.

Our Mobile Meals program celebrated its 50th Anniversary this past fall and has grown from serving its initial 20 seniors to over 1,200 of our elderly neighbors in need. You can learn more about the history of the program and it's accomplishments by viewing the "Mobile Meals celebrates 50 years" video at www.knoxseniors.org/mobile.



The Older Americans Act (OAA) Nutrition Programs, part of the Administration on Aging within the Administration for Community Living (ACL), provide grants to states to help support nutrition services for older people throughout the country. This grant, along with tremendous and much needed support from our community, allows Mobile Meals to continue to serve homebound seniors in Knox County without a waiting list. ■

BOOST YOUR BUDGET

Seniors, living on a fixed income?

You may qualify for benefits to help pay for food, medicines, utilities & more.



Call 865-546-6262

Boost Your Budget Week is April 11 - 15th

Millions of older adults are likely eligible for, but not enrolled in, benefits that can save money on health care, prescriptions, utilities, food, and more. Get a FREE Savings Check Up from Office on Aging staff during the National Council on Aging's (NCOA) 3rd Annual Boost Your Budget week! Let's see what money saving benefits we can help you apply for! Call 865-546-6262. ■

20TH ANNUAL DUNCAN AWARDS HONOR SERVANT LEADERS

The Duncan Award for Senior Advocacy, named in memory of John J. Duncan, Sr., pays tribute to people in our community who uphold the same kind of steadfast support and advocacy of seniors and programs that serve older adults as were exhibited by the late congressman.



This year marks the 20th anniversary of this signature event that also serves as a fundraiser for Senior Information & Referral (SIR). SIR aims to be the primary source for quality, dependable information and referral services for Knox County seniors and their caregivers. All too often, seniors and their caregivers become confused and/or discouraged by the complexities of the social service system and give up before they ever find out about services that could assist them. Senior Information & Referral strives to empower seniors by providing information that leads to better service delivery, and by advocating with service providers on behalf of those seniors that need additional help. These same qualities are exhibited in our Duncan Award Recipients as they tirelessly advocate for the needs of seniors in our community. Help us honor and celebrate these two amazing women for all the work they have done, and continue to do in service to our seniors. ■

Tuesday, May 10, 2022

The Pavilion at Hunter Valley Farm

For more information visit www.knoxseniors.org/Duncan2022

CONGRATULATIONS TO OUR 20TH ANNUAL JOHN J. DUNCAN SR. AWARD FOR SENIOR ADVOCACY

HONOREES



GABRIELLE BLAKE, LCSW

Franklin & Kyle Elder Law

Professional Award



CYNTHIA FINCH, LMSW, CCM, CMCE

Founder/President New Direction Health Care Solutions

Community Award

THE COUNCIL ON AGING PRESENTS: PREVENTING AND REPORTING CYBER CRIMES

Rachel Yurkovich, FBI Management and Program Analyst

Each year, millions of elderly Americans fall victim to some type of financial fraud or internet scheme. The Internet Crime Complaint Center (IC3) receives and tracks thousands of complaints daily, reported by victims of fraud. IC3 reporting is key to identifying, investigating, and holding those responsible accountable for their actions. Join FBI Management and Program Analyst Rachel Yurkovich as she explains how to recognize scams, and how to prevent and report cyber-crimes.

Management and Program Analyst Rachel Yurkovich has been with the FBI for 25 years and with the Internet Crime Complaint Center (IC3) for 9 of those years. At the IC3, Yurkovich is a point of contact for a variety of cybercrime initiatives, including the DOJ Elder Justice Initiative, Call Center fraud (specifically tech support fraud and IRS/SSA scams), and mass marketing fraud. Yurkovich is a member of the Global Anti-fraud Enforcement Network (GAEN) and has represented the FBI at collaborative meetings in the U.S., The Hague, Madrid, and Bern. The GAEN is a concentrated effort to challenge and stop mass marketing fraud occurring worldwide. ■

Thursday, April 14 2:30 p.m.

Please visit knoxseniors.org/upcomingcoameetings for program information.

IMPORTANT INFORMATION FOR GRANDPARENTS RAISING GRANDCHILDREN

Are you a grandparent or other relative raising a child? If you are, you may be able to claim the Child Tax Credit on behalf of the child you are raising.

The American Rescue Plan Act of 2021 expands the Child Tax Credit, but only for the tax year 2021. Many grandfamilies and relative caregivers are eligible for this important expanded tax credit.

For the Tax year 2021, the Child Tax Credit has increased to \$3,000 per child for children age 6 up through age 17, and \$3,600 per child for children under age 6. The child is not eligible if they had their 18th birthday in 2021. The credit is fully refundable, which means you can benefit from the credit even if you do not usually file a tax return.

There are basic eligibility criteria you and the child must meet to claim the Child Tax Credit. First, the child must be your relative (cousin is NOT included) or foster child (both related and not related to you). Second, the child must live with you for more than half of the year and you are financially responsible for the child. Third, the



child must have a valid Social Security number.

You may have received the Advance Child Tax Credit payments beginning in July 2021. To be eligible for the Child Tax Credit, you must file a tax return for 2021. To help you file your 2021 taxes, you will need the IRS letter 6914.

If you did not receive any of the Advance Child Tax Credit payments, you still may be eligible for the full amount. You must submit a tax return for 2021.

Volunteer Income Tax Assistance (VITA) is a free and confidential service available to low-income

and moderate-income families. VITA's certified volunteers can also help answer questions about your unique caregiving situation.

- Can I still receive the Child Tax Credit for my grandchildren I am raising?
What if I do not normally file taxes, can I still file 2021 tax return to receive the Child Tax Credit?
What if someone else has been claiming my grandchild?

For a VITA appointment, call 865-244-3086.

The Grandparents as Parents (GAP) Program is a program of the CAC Office on Aging. We support grandparents and other relative caregivers raising a family member's child. GAP offers a newsletter, support groups, connection to services and resources, case management, a guidebook, and more. GAP is free and there are no income or age requirements. For more information about GAP or the Child Tax Credit, call Tracy or Anne at 865-524-2786.

... a full-time professional who volunteers after work to pick up groceries for a woman you can no longer get out and about ...

... a retired engineer who transports a gentleman to physical therapy 3-days a week ...

... a couple of graduate students from Nepal who find joy in assisting an 89-year young woman to church on Sunday mornings ...

Volunteer Assisted Transportation is a variety of volunteers from different age ranges and backgrounds that share the same common vision - to give back and help their fellow neighbor. All of our volunteers make a lasting impact in the lives they touch. Together we are helping our seniors and people with disabilities to thrive daily.

Thank you for 13 years and we look forward to many more!

VAT staff and advisory board are planning a volunteer celebration in the Spring of 2022. Stay tuned for more details

VOLUNTEER ASSISTED TRANSPORTATION PROGRAM CELEBRATES 13 YEARS SERVING THE KNOX COUNTY COMMUNITY

Volunteer Assisted Transportation is a volunteer-driven program of the Knoxville-Knox County Community Action Committee. This unique program utilizes volunteers from the community to volunteer their time to transport and assist seniors and people with disabilities. Volunteers provide door-through-door transportation assistance to those who need help. The program provides professional training and a program vehicle to drive when volunteering.

VAT is excited to celebrate 13 years of keeping seniors more independent. This program allows seniors to stay in their homes longer, as well as be more active and healthier. The program will transport eligible riders to just about any destination. We make sure individuals get to medical appointments, pharmacy and grocery

pick-ups and of course the beauty/barber shop. The program has served more than 2,800 people in its 13 years and travelled more than 800,000 miles total. Collectively, 230 volunteer drivers have stepped up to help provide over 63,000 trips in its 13 years.

Riders and Volunteers may come and go. It is the experiences they have while working with VAT or riding in the vehicles to their destinations that really tells our story.

Our program is a retired nurse who uses her day off to take a man with Alzheimer's to his doctor appointment ...

... a retired naval pilot who transports a fellow veteran to the VA hospital ...

O'CONNOR CENTER SCHEDULE - MARCH/APRIL

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 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 for any additional announcements and virtual activities!

The O'Connor Senior Center will be closed on Friday, April 15 for Spring Holiday.

Afternoon Painting: These once a week instructed art sessions are held for 10-weeks and invite participants to practice their skills in an art room setting with guidance from our painting instructor, Ann Birdwell. Cost is \$40. Call to register.

Artist and Crafter's Window: Members have a love for expressing through all types of art; including - crafts, music, and upcycling or making old items new again. Join our group if you are interested in sharing your creative side, sharing ideas, and a time to socialize. Call for more details.

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.

Cooking at O'Connor: Learn how to prepare tasty, easy, and efficient meals for seniors on a budget! Samples, recipes, and a demonstration will follow. Call for more details and to register.

Commodities Distribution: Commodities are a shelf stable food program with food resources provided by USDA. Each household will receive 2 bags. Any Knox County resident providing proof of

residency with name & address (ID card, KUB bill, etc.) upon pick-up. One distribution per household. No sign-up necessary. Just go to pick-up location with your proof of Knox County residency and self-declaration of income.

Container Gardening: The Museum of Infinite Outcomes is hosting this fun and easy class is for anyone who would like to get started growing their own food from the comfort of a front porch - no yard, raised beds, or back breaking labor!! Call to register and for more details. The Museum is an open-air conservation museum, our collection meanders through sun-filled public gardens.

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

Dance Classes

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.

Flower Lovers Garden Club: Meets second Friday: 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!

Food for Thought: If you are always looking to increase your knowledge and learn something new, this is the program for you! We will be featuring an educational speaker once a month to talk on topics that are pertinent to you. Call ahead to register.

Monday, March 7, 11:30 - Let's Talk Diabetes - Ty Richart, N.P., Board Certified Advanced Diabetes Management, will share basic information and common problems with Diabetes.

Monday, April 4, 11:30 - Aging with Independence - Join Alaina from Marino

Physiotherapy as she teaches the keys to aging well. Learn simple strategies that you can implement now and for years to come.

Fun Film: Enjoy a weekly movie every Friday and a matinee replay every Monday! 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.

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.

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. Newcomers always welcome.

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

Morning Painting: These once a week instructed art sessions are held for 10-weeks and invite participants to practice their skills in an art room setting with guidance from our painting instructor, Ann Birdwell. Cost is \$40. Call to register.

Seed Starting: Come learn how to start seeds indoors! In collaboration with Beardsley Farm's Green Thumb, the Museum of Infinite Outcomes will demonstrate and discuss producing your own food indoors in this mostly-outdoors seed starting workshop. Call to register and for more details. The Museum of Infinite Outcomes is an open-air conservation museum, our collection meanders through sun-filled public gardens.

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MARCH 2022 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
	1 9:00 Knox Threaders 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise 12:30 Table Games	2 9:00 AARP Tax Prep Assistance 10:00 Tai Chi & Qigong 12:00 Bingo	3 9:00 Knox Threaders 10:00 Basic Arthritis Exercise	4 11:00 Silver Stage Players 12:30 Fun Film Friday
7 10:00 Mahjongg 10:00 Tai Chi & Qigong 11:30 Food for Thought	8 9:00 Knox Threaders 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise 11:30 Open Painting 12:30 Table Games	9 9:00 AARP Tax Prep Assistance 9:00 Toenail Clinic 10:00 Tai Chi & Qigong 11:30 Artist & Crafters Window 12:00 Bingo	10 9:00 Knox Threaders 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise	11 11:00 Silver Stage Players 12:30 Fun Film Friday
14 9:30 Creative Writers 10:00 Mahjongg 10:00 Tai Chi & Qigong	15 9:00 Knox Threaders 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise 11:30 Open Painting 12:30 Table Games	16 9:00 AARP Tax Prep Assistance 9:00 Toenail Clinic 10:00 Tai Chi & Qigong 12:00 Bingo	17 9:00 Knox Threaders 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise 1:30 Seed Starting with the Museum of Infinite Outcomes	18 9:30 What's Cooking at O'Connor 11:00 Silver Stage Players 12:30 Fun Film Friday 19 8:30 Commodities Distribution
21 10:00 Mahjongg 10:00 Tai Chi & Qigong	22 9:00 Knox Threaders 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise 11:30 Open Painting 12:30 Table Games	23 9:00 AARP Tax Prep Assistance 9:00 Toenail Clinic 10:00 Tai Chi & Qigong 12:00 Bingo	24 9:00 Knox Threaders 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise	25 11:00 Silver Stage Players 12:30 Fun Film Friday 1:00 Welcome Home/ Appreciation Event for Vietnam Veterans
28 9:30 Creative Writers 10:00 Mahjongg 10:00 Tai Chi & Qigong	29 9:00 Knox Threaders 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise 11:30 Open Painting 12:30 Table Games 1:00 Seniors for Creative Learning 2:30 Seniors for Creative Learning	30 9:00 AARP Tax Prep Assistance 10:00 Tai Chi & Qigong 12:00 Bingo	31 9:00 Knox Threaders 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise 1:00 Seniors for Creative Learning 2:30 Seniors for Creative Learning	

RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 Billiards Room Open 9:30 Blood Pressure Checks 10:30 Loss & Life Changes 12:30 Fun Film Re-Play 1:30 Intermediate Line Dancing	8:30 Billiards Room Open 9:30 Blood Pressure Checks 9:30 Emotional Wellbeing 10:00 French 10:00 Taoist Tai Chi Set Practice 11:00 Italian 12:30 SAIL Exercise 1:30 Intro to Line Dancing TECH TUTORING BY APPT.	8:30 Billiards Room Open 9:30 Blood Pressure Checks 10:00 Morning Painting 12:30 Afternoon Painting 12:30 Texas Hold 'Em 1:30 Beginner Line Dancing TECH TUTORING BY APPT.	8:30 Billiards Room Open 8:30 Blood Glucose Checks 9:30 Blood Pressure Checks 9:30 Emotional Wellbeing 10:00 Taoist Tai Chi Set Practice 12:30 SAIL Exercise	8:30 Billiards Room Open 9:30 Blood Pressure Checks 11:00 Advanced Spanish

APRIL 2022 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
				1 PANCAKE FEST 7:00 am—1:00 pm 
4 10:00 Mahjongg 10:00 Tai Chi & Qigong 11:30 Food for Thought: Aging with Independence	5 9:00 Knox Threaders 9:00 Senior Co-Ed Softball 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise 11:30 Open Painting 12:30 Table Games 1:00 Seniors for Creative Learning 2:30 Seniors for Creative Learning	6 9:00 AARP Tax Prep Assistance 9:00 Toenail Clinic 10:00 Tai Chi & Qigong 12:00 Bingo	7 9:00 Knox Threaders 9:00 Senior Co-Ed Softball 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise 1:00 Seniors for Creative Learning 2:30 Seniors for Creative Learning	8 11:00 Silver Stage Players 12:30 Fun Film Friday
11 9:30 Creative Writers 10:00 Mahjongg 10:00 Tai Chi & Qigong	12 9:00 Knox Threaders 9:00 Senior Co-Ed Softball 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise 11:30 Open Painting 12:30 Table Games 1:00 Seniors for Creative Learning 2:30 Seniors for Creative Learning	13 10:00 Tai Chi & Qigong 12:00 Bingo	14 9:00 Knox Threaders 9:00 Senior Co-Ed Softball 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise 1:00 Seniors for Creative Learning 2:30 Seniors for Creative Learning	15 CENTER CLOSED 
18 10:00 Mahjongg 10:00 Tai Chi & Qigong	19 9:00 Knox Threaders 9:00 Senior Co-Ed Softball 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise 11:30 Open Painting 12:30 Table Games 1:00 Seniors for Creative Learning 2:30 Seniors for Creative Learning	20 9:00 Toenail Clinic 10:00 Tai Chi & Qigong 12:00 Bingo	21 9:00 Knox Threaders 9:00 Senior Co-Ed Softball 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise 1:00 Seniors for Creative Learning 1:30 Container Gardening with the Museum of Infinite Outcomes 2:30 Seniors for Creative Learning	22 9:30 What's Cooking at O'Connor 11:00 Silver Stage Players 12:30 Fun Film Friday
25 9:30 Creative Writers 10:00 Mahjongg 10:00 Tai Chi & Qigong	26 9:00 Knox Threaders 9:00 Senior Co-Ed Softball 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise 11:30 Open Painting 12:30 Table Games 1:00 Seniors for Creative Learning 2:30 Seniors for Creative Learning	27 10:00 Tai Chi & Qigong 12:00 Bingo	28 9:00 Knox Threaders 9:00 Senior Co-Ed Softball 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise 1:00 Seniors for Creative Learning 2:30 Seniors for Creative Learning	29 11:00 Silver Stage Players 12:30 Fun Film Friday

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Seniors for Creative Learning: A partnership between the O'Connor Center and the UT Department of Professional and Personal Development makes this lecture series possible. Call 865-974-0150 for information, to register for classes and to pay by credit card. Cost for the 2022 Spring series is \$40 for one person and \$55 for a couple. Course catalogs and registration forms are available at the O'Connor Center, branch libraries, local banks/credit unions, and the CAC Office on

Aging at 2247 Western Ave. The Spring 2022 course is online at knoxseniors.org/oconnor.

Silver Stage Players: Looking for a new creative outlet? The Silver Stage Players are looking for cast and crew to work on their next original production. There are no small parts! We are always in need of stage hands and actors. If interested, call us today!

Spanish: Advanced class Fridays at 11:00 am. Class is conversational.

Texas Hold 'em: Wednesdays. Enjoy fellowship

and competition with experienced and inexperienced card players; newcomers welcome!

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.

Welcome Home/Appreciation for Vietnam Veterans: Vietnam veterans and their families are welcome to attend this event honoring those who have served. This event is sponsored by Smoky Mountain Hospice.

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.

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. Call ahead for information on this group.

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.

Senior Co-Ed Softball: Non-competitive league for fun and exercise. Seniors of all skill levels are welcome! Men 60+ and women 50+. Every Tuesday and Thursday morning from 9:00 am-11:00 am at Caswell Baseball Park

located across from the O'Connor Senior Center. Cost is \$10.00 for the season. For additional information call 865-424-0933 or email cheathama@gmail.com

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 10:00 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, flexibility, balance, and agility, and decrease stress, anxiety, and depression. Suggested donation, \$2.00.

Toenail Clipping, by Appointment Only: Cost is \$12. Call 865-523-1135 to schedule an appointment.

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

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 \$80 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 December 2021 and January 2022.

Anonymous (86)
A. Abushagra
Michael & Donna
Alexander
Helen Alley
Diana Amann
Donald Amos
Bob Andres
Richard & Margaret
Ashworth
Claude Barnes
Larry & Marion Bayer
Jeanette Bean
John and Connie Begovich
Curtis Bell
Donald & Martha Benfield
Kimberly Black
Gracia Bobbitt
Robert & Liesl Bold
Don & Barbara Bolen
Elmer & Brenda Bonk
Melissa Breneman
Ken & Kaye Brock
Mary Brock
Kenneth & Karen Brooks
Debra Brown
Joyce Brown
Charles & Terry Browning
James & Kelley Bruce
Gary & Sandra Cannon
Catherine Carter
Adam Catanach & Helen
McGrew-Catanach
Ronnie & Judy Caughron
Virginia Chambers
Charles Chandley
Michael & Marcia Clark
Stacy Clark
Janice Connell
Sherman & Roberta Cook
Gary Cooper
Kevin & Lisa Coulter
James & Brooksie Cox
Verna Cox
M. D. & Marie Craft
Joseph Crump
Jack & Gail Cunningham
Eva Davis
Nancy Day
Elizabeth De Vega
Henrietta DeLozier
Marvin & Brenda Dockery
David & Marcia Doyle
Aaron & Jessica Earl
Ann Effler
Chris & Anne Elsis
Macel & Carol Ely
Bill & Vicki Evans
Jennifer Fehling
Emile Finstad
Mary Ellen Flanders
David & Linda Flores
Kenneth & Dianne Foster
Janet Francis
Helen Freeh
Frank & Barbara Fritts
Helen Galloway
Michael & Suk Galloway
Sharon Gant
Rollin Geddes
Drs. Clarissa Geyer &
Edward Kim
Dennie Goodman
Dode Gordon
Dawna Gray
Billie Greene
Carolyn D Greenwood

Sarah Greeson
Paul & Princess Haas
Tanya Joyner Hairston
Richard & Beverly
Hammond
Jack Hammontree
Glen & Teena Harness
Carolyn Harris
Joy Harris
Mark & Kathy Hastings
Jeff & Rachel Hatmaker
Joanne Hayden
Dick & Carol Helsel
Dr. Thomas Hetrick
Patricia Hoppen
Dale & Teresa Horst
Yuh-Ching & Laykoon
Huang
Harriet Hyde
Andrea Johnson
Howard & Ruthie Johnson
Kalman Johnson
Mark Joiner
Carmen Jones
Gail Jones
Robert Kemp
Khann Chov and Ian
Henderson
Roger & Mary Ann Kisner
Charlotte Klieman
Elizabeth Kornfeld
Jackson & Elizabeth
Kramer
Holly Krause
David & Sheryl Lambdin
Brian Lambert
James Lamon
Charles Leach
Yoo Lim Lee
Don & Ethel Lett
James & Deanie Lovell
Pam Lovell
Debbie Lowe
Michael & Debra Lowery
Michael & Lori Major
Chuck & Nancy Maland
Sylvia Marshall
Timothy & Jo Ann
Marshall
Arch Martin
William Mason, Jr.
George & Faye Massey
Carl & Sandra McCarter
Juliana McCleary
Ann McCluer
David McCormick
Eugene & Janet
McCullough
Jennifer McDonough
Nancy McGalliard
Donald McGavin
Carol McGhee
David & Marilyn McGill
Catherine McKeown
Amanda McKnight
Marianne McLaughlin
Harry & Ruth McLeod
Carol McNamee
Jeffery & Kathleen Meaney
William & Diane Melton
Jeff & Anita Miller
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Vasudevan & Savithry
Mooss
Robert & Margaret Moran
Cheryl Morris

Gary & Lindsey Morton
Mae Mosley
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Steven & Tamra Murr
Jesus Navarro
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Nancy Newman
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Lien Nguyen
Roger & Carol Nooe
Bob & Renee O'Connor
Julius Parker
Joan Paul, Ed.D.
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Norma Pierson
Geann Popiela
Larry Prater
Blynn & Ruth Prince
Norman Queener
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Lora Robinson
Ned & Judy Russell
William Sanders
Frances Scheidt
Daniel & Cindy Schilling
Rita Schwartz
Michael Scruggs
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David Sekera
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Sensenbach
James Sey
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Doris Shepherd
Chia & Linlin Shih
Rex & Linda Short
Betty Siegel
Mary Simpson
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Germain
Margaret Stanford
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Anthony & Elaine Stratis
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Brad & Starr Suneson
Tommy Swabe
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Terry & Kay Weaver
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Craig Thompson
H. Douglas & Barbara
Thompson
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Dorothy Tompkins
Russell Townsend
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Charles & Gayle Turpin
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Waldbauer
Greg Waller & Elizabeth
Black
Raymond & Joyce Weedon
Abigail Wegman
John & Joan Weis
Shirley White
Joseph & Charlotte
Williams
Kimberly Williams

Lula Williams
Linda & Jim Willis
Charles & Eleanor Wilson
William Wilson
Bill & Barbara Winzurk
Cheri Worthington
Naomi Wynn & Elizabeth
Wynn
Colonial Heights United
Methodist Church - J. Ray
Stuart Sunday School
Class
Daughters of Penelope
Furies Chapter 370
Smithwood Baptist
Church - Joy Class
South Knoxville Baptist
Church

Senior Nutrition Program In Memory or Honor

In Memory of Robert L. Acuff
Kathy Acuff
In Honor of Nic, Penny, & Matthew Arning
Bill & Janet Osteen
In Honor of Genie Atkins
Angela Sewell
In Memory of Margaret Ault & Ruby Nelson
Rachel Nelson
In Honor of Johnnie Hoskins
W. H. & Patricia Miller
In Honor of Linda Jaffrey
Carl & Nadine Poston
In Memory of Dr. John Gardner Karnes
Kathy Karnes
In Memory of Min Kiefer
Gary & Susan Kiefer
In Memory of Manning Bratton "Rip" Kirby Jr.
Charlene Kirby
In Honor of Teresa & Robert Levey
Ann Giffin
In Memory of Mrs. Florence Mahaney
Michael & Cynthia
Lockler
In Honor of Cheryl May
Patsy Braden
In Memory of Lillian McMullen
Donald Keith
In Memory of Judith Mitchell
Burton & Katherine West
In Memory of Paula Ruth Montgomery
Harvey & Marilyn
Lieberman
In Honor of Fran & Lynn Morehus
James & Nancy Staub
In Memory of Henry & Katherine Naff
Henry Naff
In Honor of Nikki Elizabeth Sharpe
In Honor of Grier Novinger and Ginna Mashburn
Carol Krauss
In Memory of Mike McKenzie, N.R. Jans, &

Eunice Cox, John David Cox, Stacy Cox, and Mama O'Bryant
Ronald Cox
In Honor of Pat Davis
Bill & Marian Broome
In Memory of Frank H. Disney, Sr. & Charlotte Disney
Anonymous
In Honor of Elaine Frank Jenny Stuart
In Honor of Vicky Gardner
Elbert & Jane Armstrong
In Honor of Jane Gerkin
Christopher & Rebecca
Doody
In Honor of Shirley Giles
Mildred Braden
In Memory of Alford Lee Grant
Patricia Grant
In Memory of Gwendolyn I. Hardy & Willis Hardy
Walter & Angela Cross
In Memory of Ed Harris
Melissa Brown
In Memory of Sara & Ed Harris
Heather Harris
In Memory of Jewell Henderson
Brenda Henderson
In Honor of Johnnie Hoskins
W. H. & Patricia Miller
In Honor of Linda Jaffrey
Carl & Nadine Poston
In Memory of Dr. John Gardner Karnes
Kathy Karnes
In Memory of Min Kiefer
Gary & Susan Kiefer
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Charlene Kirby
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Donald Keith
In Memory of Judith Mitchell
Burton & Katherine West
In Memory of Paula Ruth Montgomery
Harvey & Marilyn
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In Honor of Fran & Lynn Morehus
James & Nancy Staub
In Memory of Henry & Katherine Naff
Henry Naff
In Honor of Nikki Elizabeth Sharpe
In Honor of Grier Novinger and Ginna Mashburn
Carol Krauss
In Memory of Mike McKenzie, N.R. Jans, &

Tommy Benton
Andrew Jans
In Memory of Jeanne McWhirter O'Connor
Anonymous
In Memory of John Peeler
Anonymous
In Memory of Lauretta Gayle Porter
Clark & Rebecca Stewart
In Honor of Ondie Reese
Heather Booth
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Dayakar & Marie
Penumadu
In Memory of Kenneth Crowell Roberts
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In Honor of Christopher Schneider and family
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In Memory of Robert Schutt
Joanne Schutt
In Honor of Kirsten E. Self
Wayne & Nancy Self
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John Slaten
In Memory of Melissa White
Stamps
Dawson Patty
In Honor of my brother, Steve
Anonymous
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Beaver Creek Cumberland
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City-Wide Service Club
Democratic Women of
Knoxville
DunnRite Transitions
Elliott's Tennessee Boot
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Marilyn Carrington
Davidson
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Diana Reagan
In Memory of Hayward Cecil
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In Memory of my mother Dorothy Frost
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Jeff & Angela Henson
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Jan Lewis
In Memory of Ed & Frances Karkut
Cynthia Karkut
In Memory of Robert Wayne "Bobby" Kenemore
Bethany Kenemore
In Memory of Mary Imogene Key
Amelia Myers
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Hugh & Carol Crawford
In Memory of Manning Bratton "Rip" Kirby Jr.
James & Christy McElroy
In Memory of Dorothy Knight
Bob & Jean Sinclair
In Memory of Joe & Ruth Koren
James Koren
In Memory of Lorrie Williford Lockridge
Daniel Lockridge
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Tara & Madison Rickman
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In Memory of our loving parents and siblings
Millard & Janet Summers
In Honor of Steve & Judy Patton
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Barbara Mead, Ph.D.
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In Memory of Edna Joyce Raper
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In Memory of Betty & Glenn Seymour
Tamera Seymour
In Honor of St. James Episcopal Church
Anonymous
In Memory of Esther Stevens
Randall & Denise Williams
In Honor of my daughters, Lori Stevens & Kara O'Neil Bowen
Mary O'Neil
In Memory of Mary Stout
Jim and Kathy Killingsworth
In Honor of Betty Sumrow
Lisa Nichols
In Memory of Grandpa Swartz
Derek & Mandy Swartz
In Honor of Frances Swartzell

James Swartzell
In Memory of Our Beloved Son Christopher Szluha
Darrell & Katalin Elliott
In Honor of Wilma Templin-Branner
Anonymous
In Memory of Betty & Louis Thacker
Charles & Nanci Phillips
In Honor of Gordon Thomas
Charles & Wilma Chadwell
In Honor of June Trbovich
Lisa Batts
In Memory of Jim & Dot Underwood
Gwen Baxter
In Memory of Peter Valela
Anonymous
In Honor of Sharon Wagner
Anonymous
In Memory of Allen J. Ware, Jr.
Wynn Ware
In Honor of Patti & Gary West
Dewitt & Mary Simerly
In Honor of Patti & Gary West
Justin Simerly
In Honor of Patti West
Ruth Hoffman
In Memory of Selma Whitson
Barry Whitson
In Memory of Fred Thomas Williams, III
Anonymous
In Memory of Robin Williams
Nancy Fitchpatrick
In Memory of Camilla Willis
Anonymous
In Memory of James Wright
F. Darlene Justice

Paul & Elizabeth Turner
In Honor of Mrs. June Galloway and in memory of Mrs. Robin Williams
Anonymous
In Memory of Judge Wayne K. Houser, Jr.
Community Foundation for Northeast Georgia
In Honor of Mr. & Mrs. David Moon, Mr. & Mrs. Jimmy Haslam, Dr. & Mrs. Clifford Johnson, Dr. & Mrs. George Krisle, Mr. & Mrs. Hiram Tipton, Ms. Caroline Smith, Dr. & Mrs. Ronald Rimer, Mr. & Mrs. Michael McBrien, and in memory of Ms. Aggie Bell Sherri Lee
In Memory of Iris & Sherrod Wells
Jane Wells
In Honor of my husband, Lafayette Williams, and our parents
Janice Williams

Two Seniors for One Year
Anonymous (4)
Thomas & Murray Ayres
Kevin & Amy Denning
Harold Elkins
Robert & Margaret Petrone
Christopoulos & Kennedy Construction Inc
Fairfield Service Group, Inc.
Horne Properties, Inc.
Scarecrow Foundation
In Memory of Elbert Heft
Gail Lewis

Three Seniors for One Year
Scott & Cindy Cassidy
Andrew & Jennie Johnson

Four Seniors for One Year
James & Dorothy Petrone

Five Seniors for One Year
The Estate of Mary Lue Rennebaum
Hobson Wood Foundation

Ten Seniors for One Year
Knoxville Fire Fighters Association Local 65

Thirty-One Seniors for One Year
Knoxville Fire Fighters Association Local 65

One Hundred and Twenty-Two Seniors for One Year
The Estate of Mary Anne Webster



Average US retirement age: **67**

Average US life expectancy: **78**

What will YOU do with that extra decade?

Over 1 billion people on Earth are over age 60

That number will **double** by 2050

Imagine the impact of a billion volunteers!



Mobilizing seniors as volunteers in our community makes a change happen.



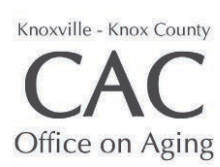
Volunteer opportunities are available through AmeriCorps Seniors for anyone age 55 and up.

Join RSVP, the Retired & Senior Volunteer Program!

To serve in Knox County, call 865-524-2786

To serve in Blount County, call 865-680-2729

Or email RSVP@knoxseniors.org for either program.



Retired & Senior Volunteer Program

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 December 2021 and January 2022.

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In Memory of Betty White
Kelly Ross Schueler
In Memory of Betty White
Hugh Wells

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Anonymous

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John & Linda O'Connor
by their children

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Adam & Dottie Lyvers
NHC Place Farragut
John & Linda O'Connor
In Memory of Jim & Alice O'Connor
by their children

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ELDER NEWS & VIEWS

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MARCH/APRIL 2022

ELDER NEWS & VIEWS

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THE COUNCIL ON AGING PRESENTS: PRESERVING MOMENTS: TENNESSEE ARCHIVE OF MOVING IMAGE AND SOUND

**John Horton, McClung Historical
Collection Assistant Audiovisual Archivist**

Dating back to 1915, the Tennessee Archive of Moving Image and Sound (TAMIS) moving image collection currently contains more than 5,000 reels and videotapes of home movies, documentaries, advertisements, industrial and training films, commercial films, television programming, and newsreels, all with local or regional connections. Join us as John Morton, McClung Historical Collection Assistant Audiovisual Archivist, shows us some clips of their collections.

Thursday, March 10 • 2:30 pm

*Please visit
[knoxseniors.org/
upcomingcoameetings](http://knoxseniors.org/upcomingcoameetings)
for program information.*



TAMIS is one of Knox County Public Library's most prized collections, preserving the moments—large and small—that people chose to record on film, video, and audio: a Knoxville family sledding on a snowy day in

1941; a group of Fountain City teens dancing at a house party in 1937; football games at Knoxville College and UT; and one of the earliest known recordings of a young singer named Dolly Parton. ■