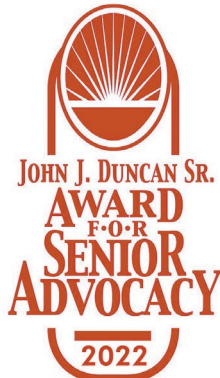


20TH ANNUAL DUNCAN AWARDS HONORS LEADERS IN SENIOR ADVOCACY

The legacy of the late Congressman, John J. Duncan Sr., is one of great service to the Knoxville community. Prior to representing Tennessee's 2nd Congressional District, Mr. Duncan served as Mayor of Knoxville from 1959 – 1964. During his time as Mayor, he is credited with helping to peacefully integrate Knoxville businesses during the Civil Rights Era, helping to revitalize downtown Knoxville with the creation of Market Square, and helping to create the Community Action Committee (CAC) with the general mission of helping individuals and families break the cycle of poverty and achieve self-sufficiency. Throughout his years of public service, Mr. Duncan was steadfast in his support to services for seniors in our community.



Since the early 2000s, the CAC Office on Aging, along with members of the Duncan family, has been recognizing the impressive efforts of professionals and community members who have gone above and beyond in their mission to serve our Knox County seniors with the honorary John J. Duncan Sr. Award for Senior Advocacy. Prior recipients include such notable individuals as Helen Ashe & Ellen Turner, Ben Atchley, Thomas "Tank" Strickland, and Penny Bandy. This year marks the 20th Anniversary of this prestigious award, and the Office on Aging is proud to celebrate this year's honorees, Gabrielle Blake and Cynthia Finch. ■

MEET GABRIELLE BLAKE Professional Award



Gabrielle "Gabe" Blake is a Licensed Clinical Social Worker with Franklin & Kyle Elder Law where she has worked since 2010. She is a Certified Dementia Practitioner by the National Council for Certified Dementia Practitioners. Gabe is active in our Knox County community, regularly presenting at workshops and educational events that serve seniors. Gabe is Chair of the advisory board for the Senior Companion Program. She serves on the board of directors of Random Acts of Flowers, is President of the Tennessee Society of Health Care Social Workers and is a member of the Purple Cities

>>See **BLAKE**, continued on page 11

MEET CYNTHIA FINCH Community Award



Cynthia Finch is a licensed Master Social Worker. She launched the non-profit, New Direction Health Care Solutions in 2017, which focuses on innovative approaches of dealing with health care disparities for people of color and consulting work for start-up businesses.

Her volunteer work includes serving on the Boards of the East Knoxville Free Medical Clinic, Knoxville Branch of the NAACP, Building Bridges Readmission Coalition, Tennessee Society of Healthcare Social Workers, Knoxville Case Management Society, Tennessee Association of Home Care – Hospice

>>See **FINCH**, continued on page 11

Tuesday, May 10, 2022 • 4 p.m. - 6 p.m.

The Pavilion at Hunter Valley Farm

9133 Hunter Valley Lane • Knoxville, TN 37922

RSVP at www.givebutter.com/Duncan2022 or call 865-546-6262.



Individuals who wish to join us for the Awards presentation are welcome. RSVP at www.givebutter.com/Duncan2022 or by calling Senior Information & Referral at (865) 546-6262. Proceeds from the event will support CAC Office on Aging's Senior Information & Referral program.

Thank you to all of our event sponsors, especially:

Medicare Insurance Advisors
UnitedHealthcare

The Family of James R. Allen

The Pavilion at Hunter Valley Farm
Morning Pointe Assisted Living & Memory Care

Arbor Terrace Assisted Living
Roost

Tennessee Society of Healthcare Social Workers

BrightStar Care

East Tennessee Personal Care Service

The Blake Family

Be sure to check out our Online Silent Auction at www.32auctions.com/duncan2022.

Bid on exciting items and packages in support of Senior Information & Referral.

SENIOR JOB FAIR FOR EVERYONE 50+

WEDNESDAY, MAY 11, 2022
9 A.M. - 11 A.M.
O'CONNOR SENIOR CENTER
611 WINONA ST.



Employers who want to hire older workers will be on-hand to discuss current job opportunities in fields such as retail, service industry, home health care, hospitality industry, and more. Bring copies of your resume and join us at the Senior Job Fair. Questions? Call the Senior Employment Service at 865-524-2786. ■



NEEDS ASSESSMENT: WE NEED YOU!

In its role of encouraging, advocating and promoting issues of interest to seniors, the Council on Aging (COA) periodically assesses the needs of elders in our community. This meeting will be devoted to listening to all seniors and those who care for, help, and encourage them. Office on Aging director, Dottie Lyvers, said, "I would like to invite anyone with an interest in aging issues to participate. I encourage you to join us to help identify unmet and under-supported needs of our aging population in Knox County."

Past COA needs assessment meetings have produced a number of vital programs that serve seniors. Office on Aging programs like the Gift of Sight, Hearing & Dentures, Affordable Medicine Options for Seniors, and Volunteer Assisted Transportation were established as a direct result of needs that were brought up in these meetings, often by individuals in the community, including many seniors themselves.

Participants will break into small groups, each led by a trained facilitator.

THURSDAY, MAY 12, 2:30 PM
O'CONNOR SENIOR CENTER
611 WINONA ST.

Although the group leader will moderate and focus the round-table discussion, each person will have a chance to offer his or her ideas. These ideas will be recorded, and later, a report will be prepared that summarizes the groups' ideas. That report will be available to the public.

A virtual needs assessment questionnaire will be available. Visit www.knoxseniors.org/needsassessment for more info.

There will also be a small "listening tour" in June 2022. Sites include Corryton Senior Center, West Senior Center and South Senior Center. Check www.knoxseniors.org/needsassessment for dates and times.

For more information about the meeting, call the Office on Aging at (865) 524-2786. ■

MAY IS OLDER AMERICANS MONTH

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month," the prelude to "Older Americans Month."

For more information about Older Americans Month, visit ACL.gov. ■



OFFICE ON AGING'S ANNUAL REPORT IS NOW AVAILABLE

You can pick up a copy of the Office on Aging's 2020-2021 Annual Report at the Office on Aging (2247 Western Avenue) or download it at knoxseniors.org/report.

GRANDPARENTS AS PARENTS

If you are a grandparent or other relative caring for your grandchildren, nieces, nephews, or other related children, you may be considered a "grandfamily."



Undertaking the full-time responsibility for raising a grandchild or other relative causes major changes in one's life. Grandparents as Parents is a program of the CAC Office on Aging that offers support to grandfamilies. The program is free and there are no age or income requirements. Give Tracy Van de Vate or Anne Stokes a call to enroll today. 865-524-2786 ■

Grandfamilies Together Conference Calls

Monthly on Tuesdays at 10:00 a.m. (30 minutes)

May 10th and June 14th

Call in: Toll Free 844-855-4444

or 978-990-5482

Access Code: 1460466#

Grandparents Together In-Person Meeting

Tuesday, May 24th, 2022 • 10:00 a.m. – Noon

Ross Building | 2247 Western Ave.

Program: Grief Recovery and Self-Care Practice

Joy Gaertner, Grief Recovery Specialist

Please call to make a reservation.

SHOES FOR SCHOOL

Grandparents as Parents is processing Shoes for School applications. A free pair of shoes is for children ages 5 to 12 only. Children must be registered and present to receive shoes.

The Shoes for School event is Saturday, August 6, 2022 from 9:00- noon at Caswell Park, 570 Winona St.

The event is open to the public. Deadline for shoe applications is Friday, May 20, 2022.

Call GAP for more information 865-524-2786.

WORLD ELDER ABUSE AWARENESS DAY IS JUNE 15.

WHY WORLD ELDER ABUSE AWARENESS DAY IS IMPORTANT

1. Older Americans may be unable to advocate for themselves

Many seniors are not in a place to stand up for themselves, whether it's because they're physically frail or because they're scared of speaking up and fear repercussions. It's crucial for all of us to be on the lookout for signs of elder abuse, and to speak up if something seems wrong.

2. Seniors deserve our respect and our attention

In so many cultures, elders are respected — and rightfully so. Their experiences, memories, and perspective on life are valued for the lessons that younger generations can

learn. And if older people aren't encouraged to pass along the skills and wisdom they have accumulated during their lives, then the culture suffers. We owe it to older generations to ensure that their so-called "Golden Years" are not tarnished by neglect.

3. It reminds us to look out for each other

It's easy to see bad things and not say anything—whether that's elder abuse or a mugging on the street. But this holiday reminds us just how important it is to look after, and look out for, our elders. It reminds us to exercise compassion daily, and care about others rather than just ourselves.



Rise Above Crime is a free program of the CAC Office on Aging that supports older adults who have been victimized by crime. Services are provided by caring professionals that aim to help individuals to overcome the trauma of physical, sexual, or psychological violence; neglect; or economic exploitation or fraud. For more information about Rise Above Crime, call Sasha Hammett at 865-524-2786. ■

GOING THE EXTRA MILE

MOBILE MEALS VOLUNTEER TO TREK 500 MILES ACROSS SPAIN FOR KNOX COUNTY'S HOMEBOUND SENIORS

Every weekday, Mobile Meals volunteers drive hundreds of miles to support their homebound senior neighbors. Charley Wood, Mobile Meals volunteer of 25 years, plans to walk them. Starting May 17, Charley will trek 500 miles across northern Spain in a campaign titled Miles for Mobile Meals.

Charley has dedicated almost every Thursday morning since 1995 to Mobile Meals, bringing hot meals and a friendly face to older adults that are frail, socially isolated, and unable to cook for themselves. "I started as a volunteer for Mobile Meals as a tribute to my mother," Wood said. "I lived about 100 miles from her and wasn't able to do as much for her as I would have liked in her later years. Fortunately, other neighbors were there to help. I've tried to reach out to help the elderly in my own community. They are so appreciative of the meal but also the daily contact with a friendly volunteer."

Charley hopes Miles for Mobile Meals will be a major fundraiser for the organization that's so important to him. Mobile Meals will invite



pledges for Wood's walk, where even a pledge of 5 cents per mile could provide a senior over a week's worth of meals.

Wood, age 77, has allowed 40 days for his walk, likely including a few rest days. Featured in films such as "The Way" starring Martin Sheen, the Camino de Santiago de Compostela is a route that's been followed by pilgrims for almost 2,000 years. The route stretches across northern Spain, crossing two mountain ranges and a high, treeless plateau, and ends at the tomb of St. James in the Cathedral de Santiago de Compostela. Charley sees this as a special kind of pilgrimage, dedicated to a program that has helped so many seniors stay safe in their homes.

How far will your pledge go?

- \$0.05 per mile provides 7 meals
- \$0.10 per mile provides 14 meals
- \$0.20 per mile provides 28 meals
- \$0.50 per mile provides 70 meals
- \$1.00 per mile provides 140 meals

Checks can be made out to CAC Mobile Meals and mailed to P.O. Box 51650 Knoxville, TN 37950-1650.

Pledge your support at givebutter.com/m4mm



Each weekday, over 100 volunteers deliver Mobile Meals to approximately 1,100 seniors who are unable to cook and have no one to prepare meals for them. With your help, Charley hopes to raise \$50,000 to provide nutrition assistance and social support to Knox County's older adult population.

Pledge your support by visiting givebutter.com/m4mm and check out our Facebook page @KnoxCountyMobileMeals for live updates on Charley's progress. ■

PLAY BALL! KNOX SENIOR CO-ED SOFTBALL LEAGUE WANTS YOU!

Tuesdays & Thursdays, 9 a.m. - 11 a.m.
Now through October 2022

Located in Caswell Park, just off of Hall of Fame Drive, across from O'Connor Senior Center

- Sign-up at any game
- Ages: Men 60+ & Women 50+
- Slow-pitch
- Relaxed competition

- Everyone plays and bats each inning
- No strikeouts
- Your attendance can vary with your schedule

Cost: \$10 for park maintenance

Join us for Exercise, Fun, and Fellowship!

Facebook page: Knoxville Senior Coed Softball

Contact: O'Connor Senior Center at (865) 523-1135 or John Bohstedt at (865) 210-8345. ■



O'CONNOR CENTER SCHEDULE - MAY/JUNE

Classes and safety precautions are subject to change. Please visit our Facebook page (facebook.com/occonnorseniorcenter) 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.

The O'Connor Senior Center will be closed on Monday, May 30 in observance of Memorial Day.

Afternoon Painting: Wednesdays. \$40. These once a week instructed art sessions are held for 10 weeks and invite experienced and advanced painters to practice their skills in an art room setting with guidance from our painting instructor, Ann Birdwell. 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. See Mother's Day Vendor Sale.

Bingo: Enjoy this friendly game on Wednesdays. Bingo hosts are needed. Call 865-523-1135 to find out how to get involved.

Cards & Games: Tuesdays and Thursdays. Enjoy a game of cards or Rummikub or a relaxed table game with new friends! Instruction available.

Commodities Distribution: Commodities is 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.

Concert Band: Wednesdays. Looking for new members! Call group leader Linda 865-640-1856 for more information.

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.

Saturday Night Dance: Cost is \$8.00

Dine-a-Mite Diner: The Diner is open once again! Stop by for a lunch-time meal 11 a.m.- 1 pm.

Flower Lovers Garden Club: Come for the knowledge, stay for the friendships. Call the volunteer group leader, Sharon, at 865-640-5700 for more information and additional meeting times. New members always welcome!

Flower Lovers 100th Anniversary: You're invited to celebrate the Flower Lover's Garden Club's 100th Anniversary! This event is free to attend; information and refreshments provided. Call the Center to register.

Fun Film Friday: Enjoy a weekly movie every Friday. Missed the Friday Film? Matinee replay every Monday! Call to register and 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: Learn more about your family tree! Available by appointment only. Call 865-523-1135 to express interest.

Greenhouse: Fridays. Hands-on care for any troubled houseplants, repotting assistance, and general growing advice. Feel free to stop by and see our new greenhouse renovations! Please call ahead to let us know you're coming. We are also seeking volunteers to help care for plants inside the O'Connor Center - help us turn the center into a jungle oasis! Call 865-523-1135 if interested.

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

Job Fair: May 11, 2022, 9:00-11:00 - Employers looking to hire older workers will be on hand to discuss current employment opportunities. Bring copies of your resume and learn more at the Senior Job Fair! For more information, call 865-524-2786.

Knox Threaders: Tuesdays & Thursdays. Enjoy knitting, crocheting and cross stitch. Newcomers always welcome.

Library: The O'Connor Center Community Library is open! Volunteers organize, sort, and shelve all books. Feel free to stop by and peruse the collection.

Lunch & Learn: 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, May 9, 2022, 11:30 - The Truth About Degenerative Joint Disease: Did you know that most Arthritis is just NORMAL age-related changes and does NOT have to hurt? Join local Orthopedic Specialist, Alaina, from Marino Physiotherapy as we learn the latest on Arthritis, getting out of pain, and getting back in action.

Monday June 6, 2022, 11:30 -Balance, Dizziness, and Fall Prevention: Did you know that falls are one of the leading causes of nursing home placement in senior citizens? Don't like those odds? Then join us as Alaina, local Orthopedic Specialist from Marino Physiotherapy, shares the best strategies to improve your balance and reduce your risk of falls and injury in next month's Lunch & Learn.

Mahjongg: Mahjongg classes for beginners offered on Mondays. Call to register for this class.

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

Mother's Day Vendor Sale: May 3, 9:00am-2:00pm. Hosted by the Artist & Crafter's Window. Gently used items, jewelry, antiques, collectibles, and quilts as well as upcycled arts and crafts lovingly made by hand. Our greenhouse will also be hosting an open house for tours and questions. Feel free to stop by!

Open Jam Band: Fridays. Any type of musician or genre is welcome to play or just hangout and listen with this chill and eclectic group!

Seniors for Creative Learning: A partnership between the O'Connor Center and the UT Department of Professional and Personal Development. Call 865-974-0150 for information and to register. Membership registration is \$40 for one person and \$55 for a couple. Field trips are open to members only.

Continued on page 8

MAY 2022 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
2 10:00 Mahjongg 10:00 Tai Chi & Qigong	3 9:00 Mother's Day Vendor Sale 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	4 9:00 Toenail Clinic 10:00 Tai Chi & Qigong 10:30 Beginner Spanish 12:00 BINGO!	5 9:00 Knox Threaders 9:00 Senior Co-Ed Softball 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise TBA Seniors for Creative Learning—Field Trip 12:30 Cards & Games	6 10:00 Greenhouse 10:00 Woodcarving 12:30 Fun Film Friday 1:00 Open Jam Band
9 9:30 Creative Writers 10:00 Mahjongg 10:00 Tai Chi & Qigong 11:30 Lunch & Learn—Degenerative Joint Disease	10 9:00 Knox Threaders 9:00 Senior Co-Ed Softball 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise 12:30 Cards & Games	11 9:00 Senior Job Fair 10:00 Tai Chi & Qigong 10:30 Beginner Spanish 11:30 Artist & Crafters Window 12:00 BINGO!	12 9:00 Knox Threaders 9:00 Senior Co-Ed Softball 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise 12:30 Cards & Games 2:30 Senior Needs Assessment hosted by the Office on Aging	13 10:00 Greenhouse 10:00 Woodcarving 12:00 Flower Lovers 100th Anniversary 12:30 Fun Film Friday 1:00 Open Jam Band 14 7:00 PM Saturday Night Dance David Correll Band
16 10:00 Mahjongg 10:00 Tai Chi & Qigong	17 9:00 Knox Threaders 9:00 Senior Co-Ed Softball 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise 12:30 Cards & Games	18 9:00 Toenail Clinic 10:00 Tai Chi & Qigong 10:30 Beginner Spanish 12:00 BINGO!	19 9:00 Knox Threaders 9:00 Senior Co-Ed Softball 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise 12:30 Cards & Games	20 9:30 What's Cooking ? 10:00 Greenhouse 10:00 Woodcarving 12:30 Fun Film Friday 1:00 Open Jam Band 21 8:30 AM –11:30 AM Commodities
23 9:30 Creative Writers 10:00 Mahjongg 10:00 Tai Chi & Qigong	24 9:00 Knox Threaders 9:00 Senior Co-Ed Softball 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise 12:30 Cards & Games	25 9:00 Toenail Clinic 10:00 Tai Chi & Qigong 10:30 Beginner Spanish 12:00 BINGO!	26 9:00 Knox Threaders 9:00 Senior Co-Ed Softball 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise 12:30 Cards & Games	27 10:00 Greenhouse 10:00 Woodcarving 12:30 Fun Film Friday 1:00 Open Jam Band
30 CENTER CLOSED 	31 9:00 Knox Threaders 9:00 Senior Co-Ed Softball 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise 12:30 Cards & Games			

RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 Billiards Room Open 8:30 Library 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 8:30 Library Open 9:30 Blood Pressure Checks 9:30 Emotional Wellbeing 10:00 French 10:00 Taoist Tai Chi Set Practice 11:00 Italian 11:30 Open Painting 12:30 SAIL Exercise 12:30 Cards & Games 1:30 Intro to Line Dancing	8:30 Billiards Room Open 8:30 Library Open 9:30 Blood Pressure Checks 10:00 Concert Band 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 8:30 Library Open 9:30 Blood Pressure Checks 9:30 Emotional Wellbeing 10:00 Happy Hikers 10:00 Taoist Tai Chi Set Practice 10:00 Thursday Walkers 12:30 SAIL Exercise GENEALOGY BY APPT.	8:30 Billiards Room Open 8:30 Library Open 9:30 Blood Pressure Checks 11:00 Advanced Spanish 11:00 Silver Stage Players Rehearsal

JUNE 2022 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
		1 10:00 Tai Chi & Qigong 10:30 Beginner Spanish 12:00 BINGO! 1:00 Silver Stage Players Show— "Laughter is the Best Medicine"	2 9:00 Knox Threaders 9:00 Senior Co-Ed Softball 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise	3 10:00 Greenhouse 10:00 Woodcarving 12:30 Fun Film Friday 1:00 Open Jam Band
6 10:00 Mahjongg 10:00 Tai Chi & Qigong 11:30 Lunch & Learn— Balance and Falls Prevention	7 9:00 Knox Threaders 9:00 Senior Co-Ed Softball 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise	8 9:00 Toenail Clinic 10:00 Tai Chi & Qigong 10:30 Beginner Spanish 12:00 BINGO!	9 9:00 Knox Threaders 9:00 Senior Co-Ed Softball 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise 2:30 Council on Aging Program	10 10:00 Greenhouse 10:00 Woodcarving 12:30 Fun Film Friday 1:00 Open Jam Band 11 7:00 PM Saturday Night Dance
13 9:30 Creative Writers 10:00 Mahjongg 10:00 Tai Chi & Qigong	14 9:00 Knox Threaders 9:00 Senior Co-Ed Softball 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise	15 10:00 Tai Chi & Qigong 10:30 Beginner Spanish 12:00 BINGO!	16 9:00 Knox Threaders 9:00 Senior Co-Ed Softball 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise	17 10:00 Greenhouse 10:00 Woodcarving 10:00 What's Cooking ? 12:30 Fun Film Friday 1:00 Open Jam Band
20 10:00 Mahjongg 10:00 Tai Chi & Qigong	21 9:00 Knox Threaders 9:00 Senior Co-Ed Softball 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise	22 9:00 Toenail Clinic 10:00 Tai Chi & Qigong 10:30 Beginner Spanish 12:00 BINGO!	23 9:00 Knox Threaders 9:00 Senior Co-Ed Softball 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise	24 10:00 Greenhouse 10:00 Woodcarving 12:30 Fun Film Friday 1:00 Open Jam Band
27 9:30 Creative Writers 10:00 Mahjongg 10:00 Tai Chi & Qigong	28 9:00 Knox Threaders 9:00 Senior Co-Ed Softball 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise	29 10:00 Tai Chi & Qigong 10:30 Beginner Spanish 12:00 BINGO!	30 9:00 Knox Threaders 9:00 Senior Co-Ed Softball 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise	10:00 Greenhouse 10:00 Woodcarving 12:30 Fun Film Friday 1:00 Open Jam Band

RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 Billiards Room Open 8:30 Library Open 9:30 Blood Pressure Checks 9:30 Creative Writers 10:00 Tai Chi & Qigong 10:30 Loss & Life Changes 12:30 Fun Film Re-Play 1:30 Intermediate Line Dancing	8:30 Billiards Room Open 8:30 Library Open 9:30 Blood Pressure Checks 9:30 Emotional Wellbeing 10:00 French 10:00 Taoist Tai Chi Set Practice 11:00 Adv. Arthritis Exercise 11:00 Italian 11:30 Open Painting 12:30 SAIL Exercise 1:30 Intro to Line Dancing	8:30 Billiards Room Open 8:30 Library Open 9:30 Blood Pressure Checks 10:00 Concert Band 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 Library 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 GENEAOLGY BY APPT.	8:30 Billiards Room Open 8:30 Library Open 9:30 Blood Pressure Checks 11:00 Advanced Spanish

Continued from page 5

Senior Needs Assessment: We need your input! The Senior Needs Assessment will be held at the Center on Thursday, May 12, at 2:30 pm. Virtual needs assessment questionnaire will be available. Check www.knoxseniors.org/needsassessment for more info. There will also be a small "listening tour" in June 2022. Sites include Corryton Senior Center, West Senior Center and South Senior Center. Check www.knoxseniors.org/needsassessment for dates and times. For more information about the meeting, call the Office on Aging at 865-524-2786.

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!

Singing Seniors: Calling all Singing Seniors (Past, Present and Future)! We are already making plans for our next season which will begin on Tuesday, September 6, 2022. If you plan to sing or know of others who want to join our merry throng,

please register by JULY 8. Please send your name, address, email address and \$20 fee to Joe Atkins at Joepatkins1@gmail.com. You may also mail your information to O'Connor Center at 611 Winona St., Knoxville, TN 37917, Attention: Joe Atkins. We will have a REUNION PICNIC on August 30, 2022, at New Harvest Park. If you have questions, contact me at lctyler@charter.net

June 1, 2022, 1:00 – "Laughter is the Best Medicine" - Spring show presented by the Silver Stage Players. A comical look at the challenges we've faced over the last few years. Call the Center to register. Doors open at 12:30. Show time 1:00-2:30. This show is open to the public and individuals of any age are welcome!

Spanish:

Advanced – Fridays. Class is conversational.

Introduction – Wednesdays. Hola! Join Dr. Henry Wilson in this new class! We'll start with specific situations in which fluency might be useful — restaurants, travel, home & garden, medical, and shopping. Along the way, we'll be guided by "Madrigal's Magic Key to Spanish" an accessible and

affordable basic textbook. Space is limited for this first series of classes. Call the center at 865-523-1135 to sign up or express interest.

Tech Tutoring: Available one-on-one appointments on Wednesdays for computer questions and answers. Please call to schedule an appointment with our volunteers. Currently seeking volunteers to help our seniors navigate the technological world. No need to be an expert; if you're tech savvy and patient call us at 865-523-1135. All ages are encouraged to apply!

Texas Hold 'Em: Wednesdays. Enjoy fellowship and competition with experienced and inexperienced card players; newcomers welcome!

What's 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. Sessions are also broadcasted on our Facebook page – facebook.com/oconnorseniorcenter

Woodcarving: Fridays. Woodcarvers of all abilities are welcome and instruction is available. Bring tools and something to carve on. Call for more information.

PHYSICAL FITNESS - HEALTH EDUCATION - HEALTH SCREENING

Blood Glucose Checks: Thursdays, \$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.

Emotional Health & Wellbeing: Tuesdays and Thursdays. Utilizing new Positive Psychology techniques, Dr. Mark LeMay, a recently retired clinical psychologist, will be leading a weekly education class teaching skills that will help form healthy habits to relax the body, calm the mind, and increase our sense of happiness and well-being. Classes are not intended to serve as psychotherapy or diagnosis, are educational, and meant to be of help to anyone.

Exercise – Arthritis Foundation: Tuesdays and Thursdays. Designed for anyone with arthritis or related health issues – reduce pain and stiffness, maintain joint range of motion, improves muscle strength, endurance, balance, and coordination. In addition to exercise, the O'Connor Friendly Nurse ensures the class meets your daily requirement of fun and fellowship.

Advanced Class has good physical exertion;

Basic Class offers seated exercise with limited physical exertion.

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.

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.

SAIL Exercise Class: Learn about how this exercise curriculum can improve your balance and strength. Class meets 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 a.m. 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 a.m. 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, increase flexibility, balance & agility and decrease stress, anxiety & depression.

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. Currently in search for a volunteer to help lead walks, for information, please call Nurse Claudia at 865-523-1135.

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

SNOWFLAKE BALL CELEBRATES CROWNING ACHIEVEMENT

The Senior Companion Program Advisory Council hosted its popular 14th Annual Snowflake Ball on Saturday evening, March 5, 2022. "It was a memorable evening filled with beautiful moments connecting with friends, and celebrating the impact of AmeriCorps Seniors volunteers in our community," said Deisha Finley, CAC Office on Aging Associate Director for Volunteer Management and Special Projects. This year, the Senior Companion Advisory Council was able to mobilize over 800 community members, partners, and businesses in their fundraising efforts.

The pinnacle moment of the evening occurred when Knox County Mayor, Glenn Jacobs, and Ms. Senior TN Valley Fair, Cherie Doane, crowned Caroline Brooks Wilder, from Roost, as the 2022 Snowflake Ball Queen and Tony Murchison, from University of Tennessee College of Social Work, as the 2022 Snowflake Ball King.



Photo courtesy of Aaron Blake

Brian Hatmaker, from Orange Hat Brewing, was crowned Prince and Emma Parrott, from Elder Law of East Tennessee, was crowned the Princess. Caroline Brooks Wilder exceeded the fundraising record by raising \$35,293, and collectively, all nominees raised \$78,844.

The Snowflake Ball was sponsored by Morning Pointe Senior Living, the Senior Companion Advisory Council, and a network of compassionate, committed businesses that value the mission of alleviating isolation and supporting seniors to age in place. ■

Thank you to our sponsors!

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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 February and March 2022.

Anonymous (27)
 Diana Amann
 Bob Andres
 Chad Becker
 Melissa Brenneman
 Ken & Kaye Brock
 Joyce Brown
 Gary Cooper
 Barbara Culbert
 Shirley H. Ellis
 Virgie J. Ewing
 David & Linda Flores
 Arlie & Kathleen Henry
 Don & Sharon Jacobs
 Robert Kemp
 Karen Lee
 Debbie Lowe
 David McCormick
 Jennifer McDonough
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 Scott Webb
 Dr. Jack Wilson
 Cheri Worthington
 Alice Woychuk
 Colonial Heights United
 Methodist Church - J. Ray
 Stuart Sunday School
 Class
 Smithwood Baptist
 Church - Joy Class

Senior Nutrition Program In Memory or Honor
In Memory of Peggy Bradbury

Dennis Bradbury
In Honor of Amanda Gold Kim Reid
In Honor of Johnnie Hoskins W. H. & Patricia Miller
In Memory of Robert Marsh Julia Harkins
In Memory of Fay D. Martin and Christine R. Smith James & Sherburne Martin
In Memory of Kenneth Crowell Roberts
 Anonymous
In Memory of Robert Schutt Joanne Schutt
In Memory of Melissa White Stamps
 Dawson Patty
In Memory of Charles Sutton
 Phoebe Sutton
In Honor of June Trbovich Anna Haese

Adopt A Senior Program

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 Robert Babcock
 John & Debbie Black
 Jim Brine
 Ken & Kaye Brock
 Hedy Collins
 Mary Cook
 Debora Coyle
 Zara Dewhirst
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 Lee Doane
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 J. Lynn & Judy White
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 Searchers Sunday School
 Concord United Methodist
 Church
 Farragut Presbyterian
 Church Outreach
 Committee
 Fern Street Missionary
 Baptist Church

The Church of the Good Samaritan

Adopt A Senior Program In Memory or Honor

In Honor of Ms. Mimi Daly Patricia Cowan
In Memory of Mariana Davis
 Richard & Susan Cowan
In Memory of Jack Dotson Karen Dotson
In Memory of Dorothy Frost, my mother
 Catherine Cooper
In Honor of Priscilla Hancock
 Linda Miller
In Honor of Jesus
 Anonymous
In Memory of Irma Keith Phil & Fran Keith
In Memory of Ralph & Dot Merrell

Ron & Margie Collins
In Honor of Sandra Sexton's birthday
 James Wakefield
In Memory of Frances Swatzell
 James Swatzell
In Honor of Shelly Woodrick Charles & Wilma Branner
In Honor of Shelly Woodrick Michael & Nancy Lofaro

One Senior for One Year

Ronald & Jeanne Beatty
 Dr. Tara Burnette
 Robert & Honerlin Del Moro
 Harold Elkins
 Bobby & Erin Haines
 David & Janice Ishee
 George & Nancy Lefler
 John & Lillian Mashburn
 John Meese

Andrew & Tracy Scruggs
 Asbury United Methodist
 Church
 Calloway's Lamp and
 Shade
In Memory of and in honor of Snickers
 East Tennessee
 Foundation - Gordon &
 Nancy Thomas Fund

Two Seniors for One Year

Anonymous
 Annie Hendrix
 Doug Nichols
In Honor of Ida M. Daniels
 Anonymous

Five Seniors for One Year

In Memory of Barbara Jean Hicks
 Rick & Libby Hicks

STAY SAFE 24/7 WITH A PERSONAL EMERGENCY RESPONSE SYSTEM

No one wakes up in the morning expecting an emergency, especially one that threatens our personal safety. But for many vulnerable older adults, an emergency is more likely to occur as

we age. It might be a fall, a bump on the head, or another medical emergency, but in any event, time is of the essence when it comes to getting help. That's where a Personal Emergency Response

System (PERS) plays a vital role in keeping seniors safe in their homes. With the touch of a button, you can talk to someone who can send help 24/7. VRI, Inc. is a PERS provider that partners with the Office on Aging to provide a discount for seniors who need the service. If you are interested in learning more about VRI, call Melinda Bryant at (865) 524-2786. ■

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 February and March 2022.

Anonymous (3)
Rose Burgett
Jerry & Janie Herrmann
Concord Presbyterian Church
Tennessee Valley Unitarian Universalist Church

AMOS

Anonymous

Gift of Sight, Hearing, and Dentures

Andrew & Tracy Scruggs

Knox PAWS

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Monica Franklin
Peter & Fawn Landrum
Ismaela Mattner
Harry & Ruth McLeod
Stephen Oliver
Laura Potts
Patricia Woods
IREM East Tennessee Chapter No. 57
In Memory of Duchess Stacey Standfield
In Memory of Geraldine (Gerry) Henley Fowler Barbara Sharpe
In Memory of Geraldine (Gerry) Henley Fowler Susan Wager
In Memory of Lucille Millspaugh Anonymous
In Honor of Pat Green from her work family at UT Hospice
In Honor of Wanda Vincent IRM Insurance

Senior Companion Program

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Moody Altamimi
Kristen Anderson
Sam Araghi
Katrina Atchley Arbogast
Andrea Bailey
Lena Bailey
Melissa Ballard
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Rylie Bowers
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Ora Brawner
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Bobby Brown
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Christy Burnett
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Kellie Cunningham
Sarah Curtis
Mary Davis
Janice M Deathridge
Megan DeBolt
Angela Dennis
Kim Denton
Richard Disharoon
Rose Dodge
David & Martha Dolge
Kathryn Dorrان
Gary Drinnen
Courtney Durrett
Elena Edwards
Cricket Elliott
James Evans
Catherine Favaro
Ryan Fields
Michael & Deisha Finley
Susannah Finley
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In Memory of Robert H. "Bob" Brooks Charlynn Hilburn
In Honor of Robert H. "Bob" Brooks Jim Sheorn
In Memory of Robert H. "Bob" Brooks Lee & Laura Thompson
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In Honor of Tony Murchison Jim Clement
In Memory of Edward Orick Christina Scheuerman
In Honor of Steven Smith Anonymous

Senior Information & Referral

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April Tomlin

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Denise DeHoog
Monica Franklin
Jessica Jones
Paulette King
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Andrew & Tracy Scruggs
Christopher & Sara Mary Wallace
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Avalon Hospice
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Trinity Hills of Knoxville

ELDER NEWS & VIEWS

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Knoxville, TN 37950-1650

Phone: (865) 524-2786 • Fax: (865) 546-0832

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The average American retiree watches **47** hours of television a week 

Volunteering doesn't take much time and has enormous benefits:

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- Meet new people
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- Renew a sense of purpose
- Keep your mind and body active!



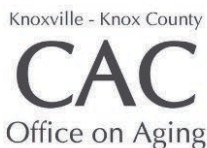
Let's get active!



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

Join RSVP, the Retired & Senior Volunteer Program, today!

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

SPECIAL THANKS TO OUR PANCAKE FEST SPONSORS!

Pancake Fest was held on Friday, April 1, at O'Connor Senior Center. To our sponsors and everyone who joined us, thank you for your support!

Full Stack Sponsors

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- UnitedHealthcare

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- Blue Cross Blue Shield of Tennessee
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Senator Richard Briggs

Snowflake Ball Court

Three Rivers Market

Volunteers

Walgreens

WATE

WBIR

WVLT

>>BLAKE, continued from page 1

Alliance. Gabe also volunteers with Girl Scouts, Alzheimer's Tennessee, the Daily Living Center, and Beacon of Hope. For over 20 years, she has devoted herself to serving vulnerable elders in our community. Not only does she provide

exceptional individual care to the seniors she works with, but she also uplifts other professionals in her field. Her ever willingness to jump in, help out, lead the way and do so with humility and grace are just a few of the reasons Ms. Blake received a record number of nominations for this year's Duncan Award.

>>FINCH, continued from page 1

Task Force and more. Ms. Finch's most recent work during the pandemic has been focused on getting the community tested and vaccinated for COVID-19. Her work has been instrumental in getting over 80,000+ people tested, vaccinated, and educated. Ms. Finch also initiated a weekly faith leader update meeting to help

faith leaders make informed decisions on keeping their congregation safe during the pandemic. The group has grown to over 180 people across the state. Ms. Finch's works have been nationally recognized by USA Today and the National Action Network, and we are pleased to present her the Duncan Award as local recognition and appreciation for her community-based efforts.

OFFICE ON AGING

KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

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

ELDER NEWS & VIEWS

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MAY/JUNE 2022

ELDER NEWS & VIEWS

PAGE 12

THE COUNCIL ON AGING PRESENTS REVERSE MORTGAGES: THE GOOD, THE BAD, AND THE UGLY

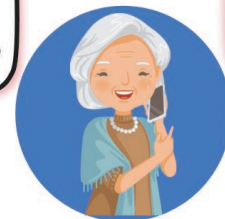
Reverse mortgages can be a useful tool but it is not a "one size fits all" option. If used incorrectly or not maintained, it can be a hindrance rather than a life improvement.

Join us at the June Council on Aging meeting as we learn the pros and cons of reverse mortgages and what other options may exist. An experienced loan officer with a comprehensive knowledge of lending products, banking industry rules and regulations, and the required documentation for obtaining a loan will present on reverse mortgages and other options. A loan officer is a representative of a bank, credit union, or other financial institution who assists borrowers in the application process. Loan officers are often called mortgage loan officers since that is the most complex and costly type of loan most consumers encounter. ■

Thursday, June 9, 2022
2:30 p.m. at O'Connor Senior Center (611 Winona St.)

Would you befriend a lonely senior?

Are you 55 or older?



SENIOR CARE CALLS MIGHT BE RIGHT FOR YOU!

Senior Care Calls alleviates senior isolation. Volunteers call their senior once a week, to chat for one hour. We are recruiting volunteers who can make a six-month commitment to this safe, remote, from-home service opportunity.

"Give it a try! You may be surprised... I get as much out of it as my senior does."
-Deborah, Senior Care Caller

To learn more, call RSVP at (865) 524-2786

knoxseniors.org

