

ELDER NEWS

JULY/AUGUST 2022

VIEWS

OFFICE ON AGING
KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

45 YEARS AND COUNTING - JOIN US!



Step back in the Way Back Time Machine to 1976! Jimmy Carter was President, gas was about .57 cents a gallon, and Foster Grandparents began serving in schools and after school programs in Knox County. Since that

time, volunteers have provided over 3 million hours of community service to students here in Knox County. Longevity of any community organization directly reflects the integrity with which the program is regulated and the impact made by its service activity. The Foster Grandparent Program is no exception. CAC Foster Grandparents has been a part of Knox County for 45 years, as a program of the Office on Aging.

The Foster Grandparent Program provides senior volunteers an opportunity to serve our community through service to children.

Contrary to its name, this is not a foster care program. Foster Grandparents are classroom volunteers who serve as mentors in schools, daycares, and after-school programs. They assist children with homework, provide guidance, play games, read, and participate in many other character and literacy building activities.

Are you age 55 or older and looking for a meaningful service opportunity with children or do you know someone who is? The Foster Grandparent Program connects role models like you with young people. Expand your life while enriching the lives of others. AmeriCorps Seniors volunteers who serve in the Foster Grandparent Program provide the kind of comfort and love that sets a child on a path to a successful future. Volunteers themselves report better health and longevity having served their community. Cultivate your wisdom in Service. Give us a call at 865-524-2786 or e-mail us at gina.whitfield@knoxseniors.org. Non-taxable stipend available for those who are income eligible. For more information, visit knoxseniors.org or call 865-524-2786. ■

MILES FOR MOBILE MEALS: COMMUNITY COMES TOGETHER TO SUPPORT HOMEBOUND SENIORS



Charley Wood has dedicated almost every Thursday morning since 1995 to Mobile Meals, bringing hot meals and a friendly face to older adults who are frail, socially isolated, and unable to cook for themselves.



homebound older adults across Knox County. Charley trekked over 200 miles, raising thousands of dollars along the way. However, due to a recurring injury, he was forced to end his journey early.

Charley and those following his campaign remained dedicated to reaching his goal of 500 miles and \$50,000 for Mobile Meals. Nine people across the county came

This summer, Charley embarked on his greatest journey yet for Mobile Meals by attempting the 500-mile Camino de Santiago trek across northern Spain to raise funds for

together and walked a total of 425 miles on Charley's behalf during the month of June, far surpassing his original goal.

Thanks to generous support from the community, Charley's Miles for Mobile Meals raised a total of \$26,000. These proceeds will provide over 7,000 meals for homebound older adults across Knox County.

Congratulations to Charley and his supporters across Knox County for raising \$26,000 this summer for homebound seniors.

Visit knoxseniors.org/mobile to learn how you can support Mobile Meals.

Thank you to our Team Leader Sponsor. ■



THE OFFICE ON AGING NEEDS FANS



Hot weather is especially hard on our older adults in Knoxville. The CAC Office on Aging seeks donations of new box fans and oscillating fans for seniors who need extra help staying cool during the hot summer months. Overheating is especially dangerous for older adults, and can result in dehydration, heat stroke, or other medical emergencies.

If you have fans to donate, you can drop them off at the Office on Aging located at 2247 Western Avenue. You can also call the office at (865) 524-2786 (Monday – Friday, 8 am – 4:45 pm) to arrange a pick-up or visit knoxseniors.org online to donate funds to go towards the purchase of fans. ■

O'CONNOR SENIOR CENTER'S ANNUAL GOLF TOURNAMENT COMING SOON! CALL FOR MORE INFORMATION. 865-523-1135.

GRANDPARENTS AS PARENTS

Are you raising your grandchild? Or maybe you are an aunt, uncle or other relative that is in the parental role? Grandparents as Parents (GAP) is committed to making a difference in the lives of relative caregivers and the youth they care for by encouraging and supporting, providing education and connecting them to valuable resources. There are no age or income requirements to join GAP. For more information, call 865-524-2786. ■

GRANDFAMILIES TOGETHER CONFERENCE CALL

GAP is hosting a monthly Grandfamilies Together Conference Call. Please join us on Tuesdays July 12 and August 9 from 10:00- 10:30 am. Each month we will have a special guest. Every month we will have a door-prize for one participant. Door-prizes will be mailed to the winner.

2nd Tuesday of the month

10:00-10:30 am

Call in number:

1-978-990-5482

Access Code: 1460466#

Give us a "Hello" to let us know you are on the line!

MEDIC BLOOD DRIVE FOR MOBILE MEALS

MEDIC Regional Blood Center and United Way of Greater Knoxville are hosting a competition this summer. The nonprofit with the most donors between June 1 – August 31 wins!

Make an appointment at www.medicblood.org and fill out an organizational card for Mobile Meals when you donate. ■



The Grandparents as Parents Program Needs Your Help!

Please help us prepare for a new school year. Donate during July and August.

WE NEED:

Supplies for 20 elementary school back packs:

Crayons, composition notebooks, glue sticks, dry erase markers, pencils, paper, highlighters, scissors, headphones

Supplies for 10 middle/high school back packs:

Back packs with computer compartment, pencils, composition notebooks, spiral notebooks, colored pencils, highlighters, index cards, dry erase markers, post-it notes

DROP OFF LOCATIONS

CAC Ross Building
2247 Western Ave
Office on Aging
37921

O'Connor Senior Center
611 Winona Street
37917

or Call Grandparents as Parents for more information 865-524-2786

GROW WITH US AT O'CONNOR!

URBAN AGRICULTURE AND HORTICULTURE AT YOUR SENIOR CENTER

The O'Connor Senior Center strives to be an active leader in programs that interest our older adults in our community. With that in mind, we have been working on developing some programs that center around our beautiful greenhouse and outdoor spaces! With the help of volunteers and community friends, there have been some additions to our ever growing curriculum. Take a look at some of these budding opportunities and give us a call at 865-523-1135 if you would like to get involved!

Roots of Legacy – The Flower Lover's club is certainly worthy of accolades as Knoxville's oldest garden club. In May we celebrated the club's 100th anniversary and Ms. Opal Hurst was awarded the Lifetime Achievement Award as an elder member of the club. Whether you have a "green thumb" or just admire horticulture and want to learn more, join us for upcoming events!

Monthly meetings are hosted second Friday of the month, 12:00. See page 5.

District IV Flower Show July 27, 2:00 pm-4:00 pm and July 28, 9:00 am-2:00 pm. See page 5.



Blooming Neighbors – In March and April, the Museum of Infinite Outcomes hosted two workshops on Seed Starting and Container Gardening. Both workshops were packed with advanced and beginner gardeners preparing for the season! The Museum is a nonprofit focused on conservation and cohabitation; building positive relationships with our natural world and serving seniors in our neighborhood is one of their main goals. If you would like to learn more:

Visit or Support - Only a short 5-minute drive from the O'Connor Senior Center. The museum is located at 2345 Dodson Avenue. The collection meanders through sun-filled gardens, and is open for visitors any time the sun is up. museumofinfiniteoutcomes.com/support

Future Workshops at O'Connor – Call us at 865-523-1135 to express interest in upcoming workshops hosted by the Museum at O'Connor.



Changes are Sprouting – In September 2021, our senior volunteers began breathing new life into the Greenhouse at O'Connor! The installation of a cooling shade cloth, the complete renovation and rebuilding of the growing benches, and establishment of an accessible pulley system to help our older adult volunteers manage the building safely has turned the Greenhouse into a cooler, safer, and truly beautiful space to enjoy. It has been less than a year and it's hard to believe the bursting new life within the Greenhouse! As we move through the season, we hope this space will continue to serve as an impressive tropical collection where seniors and volunteers can learn and cultivate a love of plants as well as foster social relationships with new friends.

Attend the Orchid Workshop on Friday, August 12, 11:00 am. See page 5.

The Greenhouse is open for tours, volunteering, or "sick" plant inquiries, as well as plants for sale* on Fridays, 10:00 am - 1:00 pm. *Plants for sale are dependent on availability.



On the Horizon – Along with the renovated greenhouse, our partnership with Beardsley's Green Thumb Program has helped us establish four new wheelchair accessible raised garden beds for the center. We are so grateful for the new additions and the Flower Lover's Club (See section "Roots of Legacy") was delighted to adopt one of the four beds! This installation will also serve as an opportunity and space for older adults in our community to utilize and grow together.

If you're interested in participating in the future of our Urban Agriculture programs or would like your voice heard, please come to the upcoming community meeting on July 12 at 1:00 pm. See page 5.



JOIN US AT KNOX ROX 2022!

The Second Annual Knox Rox benefit concert is an outdoor concert to support CAC Office On Aging and the Hillcrest Healthcare Foundation. There will be a live musical performance by Lavonda & the 865 Bandits. The event will also include food trucks, axe throwing, and so much more.

SAT, SEPTEMBER 10, 2022
6:00 PM – 9:00 PM
865 Axe Throwing
5821 Babelay Road • Knoxville, TN 37924

BRING YOUR CHAIRS and join in the fun at the Second Annual Knox Rox Benefit Concert! Tickets are \$25. For tickets, visit Eventbrite.com and search for Knox Rox Benefit Concert 2022 or call the Office on Aging at 865-524-2786. ■

NEW COVID-19 VACCINE OUTREACH PROGRAM IN EAST TENNESSEE

Anyone over 60 who needs a vaccine or booster and may need assistance with:

- Making an appointment
- Assistance with transportation
- Receiving the vaccine at home

Please call the CAC Office on Aging:
(865) 524-2786



THANK YOU TO OUR DUNCAN AWARDS SPONSORS

The John J. Duncan Awards for Senior Advocacy was held at The Pavilion at Hunter Valley Farm on May 10, 2022, and honored Gabrielle Blake (Professional Award) and Cynthia Finch (Community Award). The Senior Information and Referral office would like to thank the following sponsors for their support in making this event a huge success:

RED RIBBON SPONSORS

- Medicare Insurance Advisors
- Hunter Valley Farm

GOLD LEVEL

- The Family of James R. Allen
- UnitedHealthcare
- The Blake Family

SILVER LEVEL

- BrightStar Care
- Mick Reed
- Tennessee Society of Healthcare Social Workers
- Arbor Terrace Assisted Living

BRONZE LEVEL

- Booth Family
- Andrew Rutherford

FOOD SPONSOR

- Morning Pointe Assisted Living & Memory Care

WINE PULL SPONSORS

- Roost, Inc.
- East TN Personal Care Services

Many thanks to the generous individuals and organizations who provided items for the Wine Pull & Silent Auction. ■



O'CONNOR CENTER SCHEDULE - JULY/AUGUST

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.

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!

Agriculture Interest Meeting: July 12 at 1:00 pm. Join us and learn more about our newly installed raised garden beds and renovated greenhouse. If you love horticulture, growing your own food, or just like to express your opinion about how to utilize this new space, please stop by!

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. Join our next meeting, July 6, at 11:30 am. Membership is \$3. Call the Center at 865-523-1135 for more information.

Artist Trading Cards: Mondays, 10:00 am, July 11-August 29. This is an eight-week introduction to Artist Trading Cards (ATCs). ATCs are small artworks traded or given away by the maker. No art experience is required. The goal is to have fun, create something and connect with others by trading and sharing cards. History and background of ATCs, instruction, materials, topic prompts, and creative ideas will be provided by Tim Wiegenstein, Creative Aging Teaching Artist.

Beginner Bridge Workshop: Tuesday, July 19 at 11:00 am. Bridge is a great way to practice memory, concentration, and meet new friends. Join us for light snacks and refreshments for this Bridge workshop for Beginners. Call the Center at 865-523-1135 to register.

Beginner Orchid Workshop: Friday, August 12, at 11:00 am – Make your favorite orchid bloom once again! This workshop will cover lighting needs, how to successfully grow, repot, and water these unusual epiphytic plants. Not required, but you may bring your orchid and we will evaluate and re-pot (donations appreciated for supplies) if needed. Call the Center at 865-523-1135 to register.

BINGO: Time and date have changed! Enjoy this friendly game; now on Mondays at 1:00 pm. BINGO hosts are needed. Call 865-523-1135 to find out how to get involved.

California Dreamin' Concert with Music for Seniors: Tuesday, July 19, at 1:00 pm.

California Dreamin' takes audiences on a colorful musical journey through Southern California's 60s and 70s hippie anthems and radio hits. With a special emphasis on the great singer-songwriters and bands who came through Laurel Canyon, like . . .The Beach Boys, Carol King, Crosby Stills & Nash, The Eagles, Joni Mitchell, Linda Rondstadt, The Lovin' Spoonful, The Mamas and the Papas, The Monkees and more! Peace, love and rock n' roll y'all! Wear your bell bottoms and join us for the fun!

Cards & Games: Tuesdays and Thursdays at 12:30. Enjoy a game of cards, Rummikub, or a relaxed table game with new friends! Instruction available.

Concert Band: Wednesdays. Dust off and pick up your old instrument because we're looking for new members! Trumpet, trombone, tuba, clarinet, and flutes etc. are all welcome. Call group leader Linda 865-640-1856 for more information. Also see "Jazz Band".

Cooking with Mac's Pharmacy – See page 11. In the month of July Mac's Hometown Pharmacy and the O'Connor Senior Center have partnered together to offer a 3-part Diabetes Education Cooking Class. Watch the first two episodes online at facebook.com/oconnorseniorcenter/videos and join us for the grand finale LIVE and in-person at the O'Connor Senior Center! See "What's Cooking at O'Connor" for August schedule.

July 1 – 10:00am tune in on Facebook – Lunch Options with Beef

July 8 – 10:00am tune in on Facebook – Dinner Options with Chicken

July 15 – 10:00am LIVE at O'Connor – Sugar Free Desserts**

**Please call ahead at 865-523-1135 to register to attend the live show on July 15

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

Dance: Intro to Line Dance: Tuesdays. For those with no experience. \$2/class

Ballroom Dancing: Tuesdays. Instruction

available on the 1st and 3rd Tuesday by Gabriel Akers, Professional Ballroom Instructor from Timeless Ballroom, will be teaching this fun class. Put on your dancing shoes and join us! \$3/class

Beginner Line Dance: Wednesdays. For those with some experience. \$2/class

Intermediate Line Dance: Mondays. For those with moderate experience. \$2/class

Saturday Night Dance: Cost is \$8.00

Dine-a-Mite Diner: The Diner is open once again! Stop by for a lunch-time meal 11:00 am-1:00 pm.

Flower Lovers Garden Club: Second Fridays at 12:00. Come for the knowledge, stay for the friendships. Call the volunteer group leader, Sharon, for more information and additional meeting times at 865-640-5700. New members are always welcome!

Flower Show: Don't miss "We the People... Who Shape America" presented by the Tennessee Federation of Garden Clubs, Inc., District IV. Free and open to the public. Wednesday, July 27, 2:00 pm-4:00 pm and Thursday, July 28, 9:00 am-2:00 pm

Fun Film Friday: Enjoy a weekly movie every Friday at 12:30. Call to register and for the movie title.

French: Currently on summer break. Normally hosted on Tuesdays. Call the center for more information.

Genealogy: Learn more about your family tree! Available by appointment only. Call 865-523-1135 to sign up for a one-on-one appointment on July 13 and August 17.

Gift Shop: Open Tuesday, Wednesday, and Thursday, 10:00 am-2:00 pm. Seeking new members. Call the Center for more information.

Greenhouse: Fridays 10:00 am-1:00 pm. 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

Continued on page 8

JULY 2022 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
GIFT SHOP HOURS Tues—Thurs 10:00 AM– 2:00 PM	LIBRARY AVAILABLE DURING BUSINESS HOURS!! 8:30 am - 4:30 pm			1 10:00 Cooking with Mac's (Facebook only) 10:00 Greenhouse Open 10:00 Ping Pong 10:00 Wood Carvers 12:30 Fun Film Friday 12:30 Independence Day Jam Band
CENTER CLOSED 	4 9:00 Knox Threaders 9:00 Senior Co-Ed Softball 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise 11:30 Painting Open Studio 12:30 SAIL Exercise 2:30 Ballroom Dancing & Instruction	5 10:00 Tai Chi & Qigong 10:00 Painting Open Studio 11:30 Artist & Crafter's Window Mtg 12:00 Yoga	6 9:00 Knox Threaders 9:00 Senior Co-Ed Softball 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise 12:30 SAIL Exercise	7 10:00 Cooking with Mac's II (Facebook only) 10:00 Greenhouse Open 10:00 Ping Pong 10:00 Wood Carvers 12:00 Flower Lovers Meeting 12:30 Fun Film Friday 12:30 Jam Band 9 7:00 PM Saturday Night Dance
11 9:30 Creative Writers 10:00 Artist Trading Cards 10:00 Tai Chi & Qigong 11:30 Lunch & Learn 12:00 Yoga 1:00 BINGO	12 9:00 Knox Threaders 9:00 Senior Co-Ed Softball 10:00 Basic Arthritis Exercise 10:00 Veteran's Services by Appt 11:00 Adv. Arthritis Exercise 11:30 Painting Open Studio 12:30 SAIL Exercise 1:00 Agriculture Interest Meeting	13 9:00 Toenail Clipping Clinic 10:00 Genealogy by Appt 10:00 Painting Open Studio 10:00 Tai Chi & Qigong 12:00 Yoga	14 9:00 Knox Threaders 9:00 Senior Co-Ed Softball 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise 12:30 SAIL Exercise	15 10:00 Cooking with Mac's III (LIVE at O'Connor) 10:00 Greenhouse Open 10:00 Ping Pong 10:00 Wood Carvers 12:30 Fun Film Friday 12:30 Jam Band
18 10:00 Artist Trading Cards 10:00 Tai Chi & Qigong 12:00 Yoga 1:00 BINGO	19 9:00 Knox Threaders 9:00 Senior Co-Ed Softball 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise 11:00 Beginner's Bridge Workshop 11:30 Painting Open Studio 1:00 California Dreamin' Concert with Music for Seniors 12:30 SAIL Exercise 2:30 Ballroom Dancing & Instruction	20 9:00 Toenail Clipping Clinic 10:00 Painting Open Studio 10:00 Tai Chi & Qigong 12:00 Yoga	21 9:00 Knox Threaders 9:00 Senior Co-Ed Softball 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise 12:30 SAIL Exercise	22 10:00 Greenhouse Open 10:00 Ping Pong 10:00 Wood Carvers 12:30 Fun Film Friday 12:30 Jam Band
25 9:30 Creative Writers 10:00 Artist Trading Cards 10:00 Tai Chi & Qigong 11:30 Lunch & Learn 12:00 Yoga 1:00 BINGO	26 9:00 Knox Threaders 9:00 Senior Co-Ed Softball 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise 11:30 Painting Open Studio 12:30 SAIL Exercise	27 9:00 Toenail Clipping Clinic 10:00 Painting Open Studio 10:00 Tai Chi & Qigong 12:00 Yoga 2:00 Flower Show	28 9:00 Knox Threaders 9:00 Flower Show 9:00 Senior Co-Ed Softball 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise 12:30 SAIL Exercise	29 10:00 Greenhouse Open 10:00 Ping Pong 10:00 Wood Carvers 12:30 Fun Film Friday 12:30 Jam Band

RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 Billiards Room Open 9:30 Blood Pressure Checks 10:00 Mahjong 11:00 Loss & Life Changes 1:30 Intermediate Line Dancing	8:30 Billiards Room Open 9:30 Blood Pressure Checks 9:30 Emotional Health & Wellbeing 10:00 Taoist Tai Chi Set Practice 12:30 Cards & Games 1:30 Intro to Line Dancing TECH TUTORING BY APPT.	8:30 Billiards Room Open 9:30 Blood Pressure Checks 10:00 Concert Band 10:00 Open Painting Studio 11:00 Jazz Band 12:30 Open Painting Studio 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 10:00 Happy Hikers 10:00 Taoist Tai Chi Set Practice 10:00 Thursday Walkers 12:30 Cards & Games	8:30 Billiards Room Open 9:30 Blood Pressure Checks 11:00 Advanced Spanish

AUGUST 2022 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
<p>1</p> <p>10:00 Artist Trading Cards 10:00 Tai Chi & Qigong 12:00 Yoga 1:00 BINGO</p>	<p>2</p> <p>9:00 Senior Co-Ed Softball 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise 11:30 Painting Open Studio 2:30 Ballroom Dancing & Instruction 12:30 SAIL Exercise</p>	<p>3</p> <p>10:00 Painting Open Studio 10:00 Tai Chi & Qigong 12:00 Yoga</p>	<p>4</p> <p>ELECTION DAY 9:00 Knox Threaders 9:00 Senior Co-Ed Softball 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise 12:30 SAIL Exercise</p>	<p>5</p> <p>10:00 Greenhouse Open 10:00 Ping Pong 10:00 Wood Carvers 12:30 Fun Film Friday 12:30 Jam Band</p>
<p>8</p> <p>9:30 Creative Writers 10:00 Artist Trading Cards 10:00 Sewing 10:00 Tai Chi & Qigong 12:00 Yoga 1:00 BINGO</p>	<p>9</p> <p>9:00 Senior Co-Ed Softball 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise 11:30 Painting Open Studio 12:30 SAIL Exercise</p>	<p>10</p> <p>10:00 Painting Open Studio 10:00 Tai Chi & Qigong 11:30 Artist & Crafter's Window Mtg 12:00 Yoga</p>	<p>11</p> <p>9:00 Knox Threaders 9:00 Senior Co-Ed Softball 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise 12:30 SAIL Exercise</p>	<p>12</p> <p>10:00 Greenhouse Open 10:00 Ping Pong 10:00 Wood Carvers 11:00 Beginner Orchid Workshop 12:00 Flower Lovers Meeting 12:30 Fun Film Friday 12:30 Jam Band</p>
				<p>13</p> <p>7:00 PM Saturday Night Dance</p>
<p>15</p> <p>10:00 Artist Trading Cards 10:00 Tai Chi & Qigong 11:30 Lunch & Learn 12:00 Yoga 1:00 BINGO</p>	<p>16</p> <p>9:00 Senior Co-Ed Softball 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise 11:30 Painting Open Studio 2:30 Ballroom Dancing & Instruction 12:30 SAIL Exercise</p>	<p>17</p> <p>10:00 Genealogy by Appt 10:00 Painting Open Studio 10:00 Tai Chi & Qigong 12:00 Yoga</p>	<p>18</p> <p>9:00 Knox Threaders 9:00 Senior Co-Ed Softball 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise 12:30 SAIL Exercise</p>	<p>19</p> <p>10:00 Greenhouse Open 10:00 Ping Pong 10:00 Wood Carvers 12:30 Fun Film Friday 12:30 Jam Band</p>
<p>22</p> <p>9:30 Creative Writers 10:00 Artist Trading Cards 10:00 Sewing 10:00 Tai Chi & Qigong 12:00 Yoga 1:00 BINGO</p>	<p>23</p> <p>9:00 Senior Co-Ed Softball 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise 11:30 Painting Open Studio 12:30 SAIL Exercise</p>	<p>24</p> <p>10:00 Painting Open Studio 10:00 Tai Chi & Qigong 12:00 Yoga</p>	<p>25</p> <p>9:00 Knox Threaders 9:00 Senior Co-Ed Softball 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise 12:30 SAIL Exercise</p>	<p>26</p> <p>10:00 What's Cooking at O'Connor 10:00 Greenhouse Open 10:00 Ping Pong 10:00 Wood Carvers 12:30 Fun Film Friday 12:30 Jam Band</p>
<p>29</p> <p>10:00 Artist Trading Cards 10:00 Tai Chi & Qigong 12:00 Yoga 1:00 BINGO</p>	<p>30</p> <p>9:00 Senior Co-Ed Softball 9:00 Singing Seniors Picnic 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise 11:30 Painting Open Studio 12:30 SAIL Exercise</p>	<p>31</p> <p>10:00 Painting Open Studio 10:00 Tai Chi & Qigong 12:00 Yoga</p>		

RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:30 Billiards Room Open 9:30 Blood Pressure Checks 10:00 Mahjong 11:00 Loss & Life Changes 1:30 Intermediate Line Dancing</p>	<p>8:30 Billiards Room Open 9:30 Blood Pressure Checks 9:30 Emotional Health & Wellbeing 10:00 Taoist Tai Chi Set Practice 12:30 Cards & Games 1:30 Intro to Line Dancing</p> <p>TECH TUTORING BY APPT.</p>	<p>8:30 Billiards Room Open 9:30 Blood Pressure Checks 10:00 Concert Band 10:00 Open Painting Studio 11:00 Jazz Band 12:30 Open Painting Studio 12:30 Texas Hold 'Em 1:30 Beginner Line Dancing</p> <p>TECH TUTORING BY APPT.</p>	<p>8:30 Billiards Room Open 8:30 Blood Glucose Checks 9:30 Blood Pressure Checks 10:00 Happy Hikers 10:00 Taoist Tai Chi Set Practice 10:00 Thursday Walkers 12:30 Cards & Games</p>	<p>8:30 Billiards Room Open 9:30 Blood Pressure Checks 11:00 Advanced Spanish</p>

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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: Currently on summer break. Normally hosted on Tuesdays. Call the Center for more information.

Independence Day Jam: Join us at our Jam Band session on July 1st for good music and delicious watermelon snack celebrating America's birthday!

Jazz Band: Wednesdays after Concert Band rehearsal. Call group leader Linda 865-640-1856 for more information. Also see "Concert Band".

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

Knox Threaders: Meet new friends and enjoy crocheting in this low key and social sewing circle. Crochet may be a good alternative for crafters who have set aside more intricate crafts due to vision loss or loss of mobility in the hands. Bring your own craft to work on; instructions and advice provided for beginners and newcomers are 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. DINNER LUNCH PROVIDED TO THOSE WHO PRE-REGISTER.

Monday, July 11, 2022, 11:30 - Lights & Power Sources - Deborah Jackson, from SPARK, will instruct this informative class about lights & power sources to help keep older adults safe in their homes when there is a power outage.

Monday July 25, 2022, 11:30 - Is COVID Over? - Matt Cox, pharmacist for Ream's Drugs, will discuss what is next. He will talk about variants, vaccines, boosters and staying safe. Everyone will receive a home COVID test kit.

Monday, August 15, 2022, 11:30 - Rise Above Crime- Pete Garza, Case Manager, from the Office on Aging, will lead an informative discussion on keeping yourself

safe from Scams & Fraud. He will also discuss personal safety tips.

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

Painting Open Studio: Tuesday & Wednesdays. Painting studio open to participants to work on their own paintings. Call for more information.

Piano Lessons Volunteer Needed: We are currently seeking a volunteer piano teacher to host one-on-one piano lessons. Call the Center at 865-523-1135 to express interest and learn more about how to apply.

Ping Pong: Fridays. Join us for an active and fun game of table tennis! Beginners and experts are all welcome. We'll play games of single players or bring a friend to play doubles.

Silver Stage Players: On summer break until September 2022. Currently looking for cast and crew to work on their next original theater production for the winter season. There are no small parts! We are always in need of stage hands and actors. If interested in joining or supporting the winter show, give us a call.

Spanish: Advanced – Fridays. Class is conversational. Introduction – Wednesdays. Hola! We'll be guided by "Madrigal's Magic Key to Spanish", an accessible and affordable basic textbook. Call the Center at 865-523-1135 to sign up or express interest.

Sewing: Starting August 8. Mondays 10:00 am-12:00 pm. Learn machine sewing techniques on small, easy, and useful crafts in this instructed sewing class. Beginners welcome! Space is very limited; please call to reserve a spot or to 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 older adults 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!

Veterans Services by Appointment Only: Second Tuesday at 10:00 am. Tom Humphries with the Veterans Services Office will be

available for questions and resources. Please call ahead to make an appointment.

What's Cooking at O'Connor: August 26 at 10:00 am – Our usual monthly show will resume in August. 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 Live – facebook.com/oconnorseniorcenter/videos. See "Cooking with Mac's Pharmacy" for July

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

Continued from page 8

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.

Yoga: Cost is \$3. This class is adaptive for all participation levels. Taught by Susan French, ACE Group Fitness Instructor Certified by the National Commission for Certifying Agencies.

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 (33)
Art and Jenny Adams
Rebecca Aikman
Diana Amann
Bob Andres
Dennis Bradbury
Melissa Brenneman
Ken & Kaye Brock
Joyce Brown
Phyllis Brown
Janie Chang
Gary Cooper
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Eugene & Barbara Eisinger
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Jonathan & Mary Woody
Wes Yoder
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 Odessa Atkins
Willow Nicholson
In Memory of Donna T. Bondurant
Douglas & Sara Yoakley
In Memory of Peggy Bradbury
Dennis Bradbury
In Honor of Gwen and Terry
Anonymous
In Honor of Johnnie Hoskins
W. H. & Patricia Miller
In Memory of Mary Ellen Keith
Anonymous
In Memory of Kenneth Crowell Roberts
Anonymous
In Memory of Robert Schutt
Joanne Schutt

In Memory of Irene Louise Welden Segroves
Anonymous
In Memory of Melissa White Stamps
Dawson Patty
In Honor of my brother, Steve
Anonymous
In Honor of Wilma Templin-Branner
Ola Blackmon-McBride
In Honor of June Trbovich
Anna Haese
In Memory of Jason Randall Webb
Scott Webb
In Honor of Charley Wood
Anonymous
In Honor of Charley Wood
Ginger Goral

Adopt A Senior Program
Anonymous (26)

Barbara Abner
Kristi Bennett
Rori Bergere
Lisa Birchen
Jim Brine
Sonia Brokaw
Dean Campbell
Joel and Lisa Cate
Ellen Clark
Donna Coffey
Jean Coleman
Hedy Collins
Mary Cook
James & Brooksie Cox
Debora Coyle
Elizabeth Creamer
Timothy Cutshaw
Sam DiGiammarino & Brenda Lee
Lee Doane
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Karen Dotson
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Albert Folsom
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Searchers Sunday School
Clancy's Tavern
First Farragut United
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Horne Properties, Inc.
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Meridian Baptist Church
Mount Olive Baptist Church -
Eagles Sunday School Class
RV's For Less, LLC
UTMC Alumni and Retired
Nurses
Xi Mu

**Adopt A Senior
Program In Memory
or Honor**
*In Memory of Ervin Franklin
"Frank" Caldwell, Jr.*

*Wanda Caldwell
In Honor of Dave & Mary Fredna
Danford
Sarah Smartt
In Honor of everyone
JJ Knox LLC
In Memory of William Gaines
"Bill" Fogarty, Sr.
Jack Draper
In Memory of Dorothy Frost, my
mother
Catherine Cooper
In Memory of John W. Goan, Sr.
Wanda Caldwell*

*In Honor of Jim Gormley
Daniel Edmunds
In Memory of Ralph & Dot
Merrell
Ron & Margie Collins
In Memory of Barbara J. Mixon
Luke & Jeanne Knecht
In Memory of Barbara J. Mixon
James & Patricia Mixon
In Honor of Charley Wood
Anonymous
In Honor of Charley Wood
JoAnn Mock*

One Senior for One Year

Ronald & Jeanne Beatty
Anonymous (4)
Robert & Honerlin Del Moro
Harold Elkins
Janice Hixson
Jim & Tracy Hopkins
The Bearden Rotary
Foundation DAF
Messiah Evangelical
Lutheran Church

Two Seniors for One Year

Anonymous
Harold Elkins

Three Seniors for One Year

Anonymous

Four Seniors for One Year

Anonymous
Southeastern Dermatology
Consultants

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 May 2022.

Office on Aging

*In Memory of Samuel E.
Beall, II
Anonymous (4)
David & Susan Long
Rose Burgett*

Foster Grandparents

Boys & Girls Clubs of the
Tennessee Valley
First Lutheran Church and
School
Garden of Discovery
Learning Center
Knox County Schools - Fair
Garden Family Center
Knox County Schools -
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Ralph Kear

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Gail Brabson
William & Violet Martin
Doris McGaha
Lisa Siimo
Rick Smith
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Catherine A. Gilreath
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The Fresh Market
Ted Kern, Attorney
University of Tennessee

Knox PAWS

*In Honor of Carolyn
Mitchell on her birthday
Shandie Howell and Nikki
Lynn
In Memory of Lucille*

*Millspaugh
Anonymous (6)
Julie Adams
John & Sandi Downing
Monica Franklin
Kelli Gilliland
Patti Gladstone
Peter & Fawn Landrum
William & Violet Martin
Ismaela Mattner
Harry & Ruth McLeod
Bethany Nelson
Stephen Oliver
Russell Orlovski
Laura Potts
Maggie Smalley
Patricia Woods
IREM East Tennessee
Chapter No. 57
Knoxville Veterinary
Medical Association
Messiah Evangelical
Lutheran Church*

Senior Companion Program

In Memory of F. Ruth Fulton

Anonymous
Monica Franklin
Pete Garza
Belle Vie Salon & Spa
Lefty's Barbershop
Nature's Crossing
Penne for Your Thoughts
Pinnacle Financial
Partners

Senior Information & Referral

*In Memory of James Allen
Mrs. Alice Allen
In Honor of Gabrielle Blake
B S Matheny
In Honor of Gabrielle Blake
Monica Franklin
In Honor of Gabrielle Blake
Michael & Kelly Geasland
In Honor of Gabrielle Blake
Margueite Long
In Honor of Gabrielle Blake
Sisse Parker
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Mary Armstrong
Aaron & Gabrielle Blake*

Colin Booth
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Wanda Cazaubon
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Senior Helpers
Tennessee Society of
Healthcare Social
Workers
United Healthcare
Community Plan

Daily Living Center

Monica Franklin

John T. O'Connor Center

*In Honor of Claudia Jewell's
Birthday
LaRoyce Beatty
In Honor of Claudia Jewell's
Birthday
Sylvia Hemphill
In Honor of Claudia Jewell's
Birthday
Shirley Rowans
Anonymous (34)
William & Violet Martin
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Alzheimer's Tennessee
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Community Plan

SAVE THE DATE!

AGING: A FAMILY AFFAIR 2022

Practical information for older adults,
their families, caregivers, & professionals

Thursday, November 10, 2022

More information coming soon!

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

89% of retirees say they'd like to put their talents and knowledge to use to benefit their community

Less than 25% of seniors volunteer.

Many say finding the right opportunities is complicated.

We're here to help.

If you want to serve but don't know how to get started, call us today.



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 or Blount County,
Call 865-524-2786, or
email RSVP@knoxseniors.org

Knoxville - Knox County
CAC
Office on Aging



Retired & Senior
Volunteer Program

Simple & Budget Friendly DIABETIC COOKING

WITH CHEF MIKE

Mac's Hometown Pharmacy and the O'Connor Senior Center have partnered together to offer a 3 part Diabetes Education Cooking Class



July 1

HEALTHY LUNCH
OPTIONS WITH BEEF



July 8

HEALTHY DINNER
OPTIONS WITH CHICKEN



July 15

AT 10AM
AT THE OCONNOR CENTER
FOR SUGAR FREE DESSERTS
RSVP AT 865-523-1135

www.facebook.com/oconnorseniorcenter/live_videos

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OFFICE ON AGING

KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

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

ELDER NEWS & VIEWS

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THE KNOXVILLE-KNOX COUNTY OFFICE ON AGING

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

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ELDER NEWS & VIEWS

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WAYS TO HELP THE COUNCIL ON AGING

The Knoxville-Knox County Council on Aging (COA) is an independent 501(c)(3) organization that serves as an advisory body to the CAC Office on Aging. Members of the COA help identify the needs of older adults in Knox County and the resources to meet those needs. Anyone who is interested can join the council. Meetings are held on the second Thursday of each month (except July and August) at the O'Connor Senior Center at 2:30 p.m. Please contact the Office on Aging at 865-524-2786 for membership information. The following programs offer ways to donate to COA without any additional cost beyond your purchases. Please consider taking advantage of these opportunities to help vulnerable Knoxville and Knox County seniors.



Kroger Community Rewards®:

Kroger Community Rewards® allows you to designate the charity of your choice to receive a portion of its charitable giving funds every time you shop at Kroger with your Kroger Plus card. You can register your choice of charity online or by phone, at www.krogercommunityrewards.com or 1-800-576-4377 (choose Community Rewards). We ask that you consider choosing the Knoxville-Knox County Council on Aging. All funds stay in the local community and provide direct services for older adults. **Please note: You must re-enroll in this program**

annually. This year, you will need to enroll in August to support the Council on Aging.



Amazon. A Reason to Smile: Amazon will donate 0.5% of the price of your eligible purchases when you shop at AmazonSmile (smile.amazon.com). Please buy books, e-books and other merchandise on the AmazonSmile website, designating Knoxville-Knox County Council on Aging as your choice of recipient for the charitable giving program. You must remember to enter the site through the smile.amazon.com.

com address each time that you make a purchase, rather than through amazon.com for COA to benefit.

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iGive.com allows you to support your favorite cause with a percentage of your online shopping. Every time you shop at any of the 1,500+ online stores in the iGive network, a portion of the money you spend benefits Knoxville-Knox County Council on Aging. It's a free service, and you'll never pay more when you reach a store through iGive. To get started, just create your free iGive account. Start iGiving at www.iGive.com/KnoxvilleKnoxCountyCouncilonAging. ■

