

## AGING: A FAMILY AFFAIR

### PRACTICAL INFORMATION RELATED TO AGING

Since 1984, the Office on Aging has hosted an annual fall conference, Aging: A Family Affair. Due to the Covid-19 pandemic, the past two years have seen a switch to virtual workshops, with

attendees joining by video call. While this was a good way to move forward while staying safe, it wasn't quite the same experience as an in-person conference. The Office on Aging is pleased to announce

that it will hold its 38th Aging: A Family Affair on Thursday, November 10, at Rothchild Conference Center.

Our keynote speaker will be Dr. Javiett Samuel. Dr. Samuel serves as associate vice chancellor, director of community engagement and outreach, and adjunct associate professor in the Department of Child and Family Studies at The University of Tennessee, Knoxville. She is an experienced

community-engaged scholar who has worked with students, families, and underrepresented communities for nearly 25 years. Her primary applied research focus has been on child

and adolescent development, adverse childhood experiences (ACEs), positive youth development, parenting, and family well-being. Dr. Samuel collaborates with units across campus to focus on initiatives

that require broad commitment and sustained collaboration; cultivates mutually beneficial university-community partnerships with local, state, regional, and national partners; and identifies and tackles complex issues to help improve the well-being of Tennessee's citizens. Dr. Samuel received her bachelor's, master's, and doctorate from The University of Tennessee. She is a Leadership Knoxville and Introduction Knoxville alum.

Thursday, November 10

8 a.m. - 3:45 p.m.

Rothchild Conference Center  
8807 Kingston Pike



Dr. Samuel

#### Workshop topics include:

- Medicare Update
- Caregiving: It Takes A Village
- Legal Documents Update
- Smart Robots: The Future of Aging?
- How to Prevent Alzheimer's and Other Dementias
- Mental Health 101 for Older Adults
- And more!

Registration for Aging: A Family Affair is \$25 and includes continental breakfast, lunch, and conference materials. Registration information is available online at [knoxseniors.org](http://knoxseniors.org) by calling 865-524-2786.

In addition to informational and educational workshops, we will also have a Resource Fair, where you can learn about the many services and resources for older adults offered by our community partners.

Questions? Call us at 865-524-2786 or visit [knoxseniors.org](http://knoxseniors.org). ■

### Senior Job Fair for Everyone 55+

Wednesday, October 12, 9:00 am - 11:00 am  
at O'Connor Senior Center, 611 Winona St.,  
Knoxville

Job seekers: Come to the Senior Employment Service (SES) Job Fair on Wednesday, October 12, from 9:00 a.m. to 11:00 a.m. at the O'Connor Center, 611 Winona Street. The Senior Employment Service, a program of the CAC Office on Aging, is hosting the event with help from sponsors who will be at the job fair, along with area employers. The job fair is an excellent opportunity to market oneself, so attendees should come prepared to discuss opportunities with prospective employers. Plan to bring copies of your resume, lists of your references, and any other information you might need to fill out applications. If you need help with our resume or interviewing skills, please call Senior Employment Service, 865-524-2786, for more assistance.

# GRANDPARENTS AS PARENTS

## PROGRAM NEEDS YOUR SUPPORT FOR THE HOLIDAYS



Are you raising your grandchild or the child of a relative? You are not alone. Over 2.5 million grandparents are responsible for the care of their grandchildren. Grandparents as Parents (GAP) is committed to making a difference in the lives of relative caregivers and the youth they care for by encouraging, 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. ■

### Holiday Toy Drive

October 17th - November 18th  
You can support grandfamilies through the holidays in two ways:

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

Grandparents as Parents (GAP) is a program of the CAC Office on Aging. GAP addresses the unique needs of grandparents and family caregivers raising children whose parents were unable to care for them. GAP provides several different programs, support meetings, resources and referrals to help families on their caregiving journey. There are no age or income requirements to join this free program. Call our office to join GAP and receive the monthly newsletter and other information. Call GAP at 865-524-2786.

## The Council on Aging Presents SLIPS, TRIPS, AND FALLS PREVENTION

Thursday, Sept. 8, 2022  
2:30 P.M.

O'Connor Senior Center, 611  
Winona St. in Knoxville

Fall prevention is an important topic to consider as you get older. Physical changes and health conditions — and sometimes the medications used to treat those conditions — make falls more likely as you age. In fact, falls are a leading cause of injury among older adults. Join us as Alaina Marino gives practical falls prevention strategies that will keep you moving.

Alaina Marino has been helping people get back in action without injections, medications, or surgery since 2005. She completed a 3-year Fellowship in Orthopedic Manual Therapy and is approaching her second doctorate — a DSc (Advanced Clinical Doctorate) — through Andrews University. She specializes in the treatment of chronic and complex patients, spine issues, pediatric pain and orthopedics, advanced options for Bell's Palsy, headaches, nighttime leg cramps, and post-motor-vehicle-accident care. She has completed four certifications in Manual Therapy and also enjoys her role as an Adjunct Professor of Orthopedics at South College.

## GET HELP WITH OPEN ENROLLMENT

Medicare Open Enrollment Period is from October 15—December 7. We offer a free service to people who would like help to understand their coverage and choose a plan. Assistance is available through the AMOS program (Affordable Medicine Options for Seniors).

AMOS will be offering free assistance with Open Enrollment at locations throughout the community. To make an appointment with AMOS, call 865-524-2786.

To help beneficiaries understand their options and make important coverage decisions, complete and reliable information about Medicare is available online at [www.medicare.gov](http://www.medicare.gov). It is necessary to review your insurance plan each year to maintain your best coverage and prices. Changes in your medications or health-care providers may lead you to change your insurance plan. Or changes in the provisions of your current plan may lead you to change to a plan that works with your medications and providers. Call the Office on Aging at 865-524-2786 for help from SHIP-trained advisors. You will need to bring:

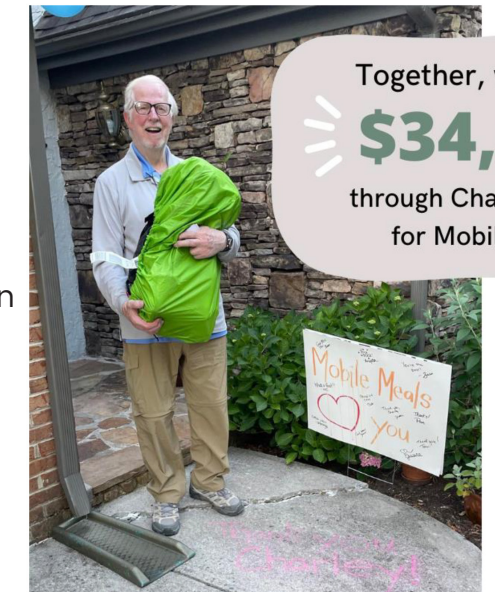
- Medicare card (new one if available)
- Social Security number
- All active health insurance cards
- Letter about Extra Help or the Medicare Savings Program (if you received one)
- List of current prescription medications — Ask your pharmacy to print a list with drug names, dosages, amount purchased, and price

Call AMOS at 865-524-2786 Monday - Friday, 8:00 a.m. - 4:30 p.m.

AMOS is a program of the CAC Office on Aging. ■

## MILES FOR MOBILE MEALS

After walking over 200 miles across Spain to raise funds for Mobile Meals, Charley Wood returned to the US determined to continue his campaign and reach his goal of 500 miles and \$50,000 for Mobile Meals. Thanks to the hard work of Charley and friends across the community who walked hundreds of miles on his behalf, he raised enough to provide over 9,500 meals for homebound seniors in Knox County.



Thanks again to the Team Leader Sponsors of Miles for Mobile Meals:

**PILOT**  
COMPANY

**Kroger**

To learn how you can support Mobile Meals, visit [knoxseniors.org/mobile](http://knoxseniors.org/mobile)

## HEALTH FAIR AT O'CONNOR CENTER: TOUCHDOWN TO GOOD HEALTH!

FRIDAY, SEPTEMBER 23, 2022 | 8:30 A.M. - 11:30 A.M.

Make plans to attend the Annual O'Connor Senior Center Health Fair, "Touchdown to Good Health", on Friday, September 23, 8:30-11:30. Balance, Posture, Oral Cancer, Hearing, and Skin Cancer screenings are just a few of the complimentary screenings that are available. You may also find out if your car fits you with the CarFit program that will be here during the health fair. You may get your Flu shot, Covid vaccination and booster during the health fair. Excellent resources, refreshments, prizes and fun for all!



## SENIOR CENTER OUTREACH

Senior Information & Referral, a service of the CAC Office on Aging, will be at the Knox County Senior Centers to provide individual assistance to seniors throughout Knox County.

If you have questions, we would love to help you find the answers. Whether you're looking for a fun activity or you have a serious concern, we're here to help!

Sept. 1	South	8:30 a.m. - 10:30 p.m.
Sept. 7	Karns	11:30 a.m. - 1:30 p.m.
Sept. 12	West	9:00 a.m. - 11:00 a.m.
Sept. 19	Halls	10:00 a.m. - 12:00 p.m.
Sept. 20	O'Connor	10:00 a.m. - 12:00 p.m.
Sept. 28	Carter	10:30 a.m. - 12:30 p.m.
Sept. 29	Corryton	11:30 a.m. - 1:30 p.m.
Oct. 5	Karns	11:30 a.m. - 1:30 p.m.
Oct. 6	South	8:30 a.m. - 10:30 p.m.
Oct. 10	West	10:00 a.m. - 12:00 p.m.
Oct. 17	Halls	10:00 a.m. - 12:00 p.m.
Oct. 18	O'Connor	10:00 a.m. - 12:00 p.m.
Oct. 26	Carter	10:30 a.m. - 12:30 p.m.
Oct. 27	Corryton	11:30 a.m. - 1:30 p.m.

### South Senior Center

6729 Martel Ln.  
Knoxville, TN 37920

### Karns Senior Center

8042 Oak Ridge Hwy.  
Knoxville, TN 37931

### West Senior Center

239 Jamestowne Blvd., Suite 101  
Knoxville, TN 37934

### Halls Senior Center

4405 Crippen Rd.  
Knoxville, TN 37918

### O'Connor Senior Center

611 Winona St.  
Knoxville, TN 37917

### Carter Senior Center

9036 Asheville Hwy.  
Knoxville, TN 37924

### Corryton Senior Center

9331 Davis Dr.  
Corryton, TN 37721

**Senior  
Information  
& Referral**

Phone: 865-546-6262  
Fax: 865-546-0832  
sir@knoxseniors.org

## O'Connor Center Golf Tournament

Benefitting the O'Connor Senior Center

FRIDAY, SEPT. 30, 2022

## Three Ridges Golf Course

6101 Wise Springs Rd.  
Knoxville, TN 37918

**Opportunity to golf with local celebrities  
such as six time State Amateur  
Champion, Todd Burgan!**

For more information, call Calie Terry at  
865-523-1135 or go to [knoxseniors.org](http://knoxseniors.org)



## O'CONNOR CENTER SCHEDULE - SEPT/OCT

Classes and safety precautions are subject to change. Please visit our Facebook page ([facebook.com/occonnorseniorcenter](https://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, September 5 for Labor Day

### PHYSICAL FITNESS - HEALTH EDUCATION - HEALTH SCREENING

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

**Blood Pressure Checks:** Monday-Friday, 10:30 a.m.-11:30 a.m.

**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; they 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, improve 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](mailto: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](mailto: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:** Mondays and Wednesdays. 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.

**AARP Smart Driving Class:** October 13-14 10:00 a.m. - 2:30 p.m.; \$20 for AARP members and \$25 for non-members. As the nation's first driver course for people age 50 and older, students participating in this 8 hour class will learn, laugh, and discuss many driving issues and challenges. The class will explore how we navigate changes in our roads, rules, vehicles and ourselves. Students will learn smart strategies to evaluate and improve driving in normal and challenging situations. Each student will develop a personal plan for extending their years of safe driving and plan for independent mobility. In addition, students completing the course will receive a certificate to file with their insurance company to receive a discount on their

automobile insurance! Call for more information and details on how to register.

**Agriculture with the Museum of Infinite Outcomes:**


**September 14, 2022, 10:00 a.m. - Transplanting and Troubleshooting** - Bring all your questions and seedlings to this garden check-in. While summer tomatoes start to slow, we can fill in our gardens with greens and roots! You don't have to do it alone though. Join us for this check-in and learn how to transplant baby brassicas. Supplies are provided, but bring your questions!

**October 12, 2022, 11:30 a.m. - Soil Composition Testing: A Closer Look at the Ground** - Great vegetables growing in great soil. What makes soil great? In this class we will prepare for our spring gardens by taking a deep dive into dirt. We will cover soil composition, testing, and amending. Supplies are provided, but feel free to bring in your own soil for us to see.

**Art Show & Crafts Sale - October 7, 5:00 p.m. - 8:00 p.m.;** Stop by for refreshments and fine art exhibits during the First Friday Art Walk.

*Continued on page 8*

SEPTEMBER 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! Monday—Friday 8:30 am—4:30 pm	<i>Descriptions for all activities found on pages 5, 8, and 9.</i>		1 10:00 Ping Pong 10:00 Wood Carvers 12:30 Jam Band 1:00 Fun Film Friday
CENTER CLOSED  THANK YOU FOR YOUR HARD WORK	5 9:00 Senior Co-Ed Softball 9:30 Singing Seniors Begins 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise 11:00 Italian Fall Session Begins 12:30 Cards & Games 2:30 Ballroom Dancing & Instruction	6 9:00 Toenail Clipping Clinic 10:00 Tai Chi & Qigong 10:30 Beg. Spanish 11:30 Artist & Crafter's Window Mtg 12:00 Yoga	7 9:00 Knox Threaders 9:00 Senior Co-Ed Softball 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise 12:30 Cards & Games	8 10:00 Ping Pong 10:00 Wood Carvers 11:00 Silver Stage Players 12:30 Jam Band 1:00 Fun Film Friday  9 7:00 Saturday Night Dance David Correll Band
12 9:30 Creative Writers 10:00 Artist Trading Cards 10:00 Greenhouse Open 10:00 Sewing 10:00 Tai Chi & Qigong 11:30 Lunch & Learn 12:00 Yoga 1:00 BINGO	13 9:00 Senior Co-Ed Softball 10:00 Basic Arthritis Exercise 10:00 French Fall Session Begins 11:00 Adv. Arthritis Exercise 11:00 Italian 12:30 Cards & Games	14 10:00 Agriculture: Transplanting & Troubleshooting 10:00 Tai Chi & Qigong 10:30 Beg. Spanish 12:00 Yoga	15 9:00 Knox Threaders 9:00 Senior Co-Ed Softball 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise 12:30 Cards & Games	16 10:00 Ping Pong 10:00 Wood Carvers 11:00 Silver Stage Players 12:30 Jam Band 1:00 Fun Film Friday
19 10:00 Artist Trading Cards 10:00 Greenhouse Open 10:00 Tai Chi & Qigong 12:00 Yoga 1:00 BINGO	20 9:00 Senior Co-Ed Softball 10:00 Basic Arthritis Exercise 10:00 French 11:00 Adv. Arthritis Exercise 11:00 Beginner's Bridge Workshop 11:00 Italian 12:30 Cards & Games 1:00 Seniors for Creative Learning 2:30 Seniors for Creative Learning 2:30 Ballroom Dancing & Instruction	21 9:00 Toenail Clipping Clinic 10:00 Tai Chi & Qigong 10:30 Beg. Spanish 12:00 Yoga	22 9:00 Knox Threaders 9:00 Senior Co-Ed Softball 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise 12:30 Cards & Games 1:00 Seniors for Creative Learning 2:30 Seniors for Creative Learning	23 8:30 Health Fair "TOUCHDOWN FOR GOOD HEALTH!" 10:00 Ping Pong 10:00 Wood Carvers 11:00 Silver Stage Players 11:00 What's Cooking 12:30 Jam Band 1:00 Fun Film Friday
26 9:30 Creative Writers 10:00 Artist Trading Cards 10:00 Greenhouse Open 10:00 Sewing 10:00 Tai Chi & Qigong 11:30 Lunch & Learn 12:00 Yoga 1:00 BINGO	27 9:00 Senior Co-Ed Softball 10:00 Basic Arthritis Exercise 10:00 French 11:00 Adv. Arthritis Exercise 11:00 Italian 12:30 Cards & Games 1:00 Seniors for Creative Learning 2:30 Seniors for Creative Learning	28 9:00 Toenail Clipping Clinic 10:00 Tai Chi & Qigong 10:30 Beg. Spanish 12:00 Yoga	29 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 Cards & Games 1:00 Seniors for Creative Learning 2:30 Seniors for Creative Learning	30 10:00 Ping Pong 10:00 Wood Carvers 11:00 Silver Stage Players 11:30 O'Connor 17th Annual Golf Tournament at Three Ridges Golf Course 12:30 Jam Band 1:00 Fun Film Friday

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 9:00 Knox Threaders 9:30 Blood Pressure Checks 9:30 Emotional Health & Wellbeing 10:00 Taoist Tai Chi Set Practice 11:30 Painting Open Studio 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 Concert Band 10:00 Morning Painting 11:00 Jazz Band 12:30 Afternoon Painting 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 12:30 SAIL Exercise	8:30 Billiards Room Open 9:30 Blood Pressure Checks 11:00 Advanced Spanish 11:00 Silver Stage Players Rehearsal

OCTOBER 2022 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
3 10:00 Artist Trading Cards 10:00 Greenhouse Open 10:00 Tai Chi & Qigong 12:00 Lunch & Learn 12:00 Yoga 1:00 BINGO	4 9:00 Senior Co-Ed Softball 10:00 Basic Arthritis Exercise 10:00 French 11:00 Adv. Arthritis Exercise 11:00 Italian 12:30 Cards & Games 1:00 Seniors for Creative Learning 2:30 Ballroom Dancing & Instruction 2:30 Seniors for Creative Learning	5 9:00 Toenail Clipping Clinic 10:00 Tai Chi & Qigong 10:30 Beg. Spanish 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 Cards & Games 1:00 Seniors for Creative Learning 2:30 Seniors for Creative Learning	7 9:00 Covid & Flu Shots (until 12) 10:00 Ping Pong 10:00 Wood Carvers 11:00 Silver Stage Players 12:30 Jam Band 1:00 Fun Film Friday 5:00 Art Show & Craft Sale 7:00 PM Saturday Night Dance The Mood Swings
10 9:30 Creative Writers 10:00 Artist Trading Cards 10:00 Greenhouse Open 10:00 Sewing 10:00 Tai Chi & Qigong 12:00 Yoga 1:00 BINGO	11 9:00 Senior Co-Ed Softball 10:00 Basic Arthritis Exercise 10:00 French 10:00 Veteran's Services by Appt 11:00 Adv. Arthritis Exercise 11:00 Italian 12:30 Cards & Games 1:00 Seniors for Creative Learning 2:30 Seniors for Creative Learning	12 9:00 Job Fair 10:00 Tai Chi & Qigong 10:30 Beg. Spanish 11:30 Agriculture: Soil Composition 11:30 Artist & Crafter's Window Mtg 12:00 Yoga	13 9:00 Knox Threaders 9:00 Senior Co-Ed Softball 10:00 AARP Smart Driving Course 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise 12:30 Cards & Games 1:00 Seniors for Creative Learning 2:30 Seniors for Creative Learning	14 10:00 AARP Smart Driving Course 10:00 Ping Pong 10:00 Wood Carvers 11:00 Silver Stage Players 12:00 Flower Lovers Meeting 12:30 Jam Band 1:00 Fun Film Friday
17 10:00 Artist Trading Cards 10:00 Greenhouse Open 10:00 Tai Chi & Qigong 11:30 Lunch & Learn 12:00 Yoga 1:00 BINGO	18 9:00 Senior Co-Ed Softball 10:00 Basic Arthritis Exercise 10:00 French 11:00 Adv. Arthritis Exercise 11:00 Italian 12:30 Cards & Games 1:00 Seniors for Creative Learning 2:30 Seniors for Creative Learning 2:30 Ballroom Dancing & Instruction	19 9:00 Toenail Clipping Clinic 10:00 Tai Chi & Qigong 10:30 Beg. Spanish 12:00 Yoga	20 9:00 Knox Threaders 9:00 Senior Co-Ed Softball 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise 12:30 Cards & Games 1:00 Seniors for Creative Learning 2:30 Seniors for Creative Learning	21 10:00 Ping Pong 10:00 Wood Carvers 11:00 Silver Stage Players 12:30 Jam Band 1:00 Fun Film Friday
24 9:30 Creative Writers 10:00 Artist Trading Cards 10:00 Greenhouse Open 10:00 Sewing 10:00 Tai Chi & Qigong 12:00 Yoga 1:00 BINGO	25 9:00 Senior Co-Ed Softball 10:00 Basic Arthritis Exercise 10:00 French 11:00 Adv. Arthritis Exercise 11:00 Italian 12:30 Cards & Games 1:00 Seniors for Creative Learning 2:30 Seniors for Creative Learning	26 10:00 Tai Chi & Qigong 10:30 Beg. Spanish 12:00 Yoga	27 9:00 Senior Co-Ed Softball 10:00 Basic Arthritis Exercise 11:00 Adv. Arthritis Exercise 12:30 Cards & Games 1:00 Seniors for Creative Learning 2:30 Seniors for Creative Learning	28 10:00 Ping Pong 10:00 Wood Carvers 11:00 Silver Stage Players 12:30 Jam Band 1:00 Fun Film Friday
31 10:00 Artist Trading Cards 10:00 Greenhouse Open 10:00 Tai Chi & Qigong 12:00 Yoga 1:00 BINGO				

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 9:00 Knox Threaders 9:30 Blood Pressure Checks 9:30 Emotional Health & Wellbeing 10:00 Taoist Tai Chi Set Practice 11:30 Painting Open Studio 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 Concert Band 10:00 Morning Painting 11:00 Jazz Band 12:30 Afternoon Painting 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 12:30 SAIL Exercise	8:30 Billiards Room Open 9:30 Blood Pressure Checks 11:00 Advanced Spanish 11:00 Silver Stage Players Rehearsal

**Continued from page 5**

Exhibits will feature works of art by our senior artisans as well as an arts and crafts sale.

**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, September 7 at 11:30 a.m. Membership is \$3. Call the Center at 865-523-1135 for more information and to speak with the group leader for more information.

**Billiards:** Come and play a friendly game of billiards. Bring a friend to shoot some pool with us!

**Bingo:** 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.

**Cards & Games:** Tuesdays and Thursdays at 12:30 p.m. 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".

**Creative Writers Workshop:** First meeting of the fall season September 12. Classes for aspiring and experienced writers. There is a story in all of us! Call for more information.

**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. No experience necessary. \$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!

**Fun Film Friday:** Enjoy a weekly movie every Friday at 1:00. Call to register and for the movie title. Light snacks provided, donations appreciated.

**French:** Tuesdays. First meeting back will be September 13. Enjoy expanding your French vocabulary! Oui? Peut-être? Call the Center for more information.

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

**Golf Tournament:** The O'Connor Center Golf Tournament is an annual fundraiser for the O'Connor Senior Center. We are looking for golfers of all ages and sponsorships of all levels! For information, please call the Center at 865-523-1135.

**Greenhouse:** Now open on Mondays 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.

**Plant Care Volunteer Needed! We are 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.**

**Health Fair:** Touchdown for Good Health: Complimentary health screenings, including balance screenings, COVID and flu shots available, great information, prizes, refreshments and fun for all!

**Italian:** Tuesdays. First meeting back will be September 6. Call the Center for more information.

**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:** Thursdays. 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, September 12, 11:30 a.m. - Therapeutic Yoga** - Amberly, a registered yoga teacher, has been teaching yoga since 2016. She has completed training at the American Viniyoga Institute for Yoga Therapy and Teaching. She will share information how certain yoga postures are beneficial to the treatment of health conditions.

**Monday, October 3, 12:00 p.m. - Laughing Yoga** - Laughing is good Medicine for Mind, Body and Soul. Come release stress and anxiety by doing Laughing Yoga! Please have your lunch in the diner before attending, everyone will be participating in this fun Lunch & Learn.

**Monday, October 17, 11:30 a.m. - All About Parkinson's** - Approximately 200,000 people are diagnosed each year in the United States with Parkinson's Disease. Isabell Senft-Daniel, from PJ Parkinson's Support group will discuss causes, symptoms and treatments.

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

**Painting:** Wednesdays. \$40. These once a week instructed art sessions start September 7 and are held for 10 weeks in an art room setting with our painting instructor, Ann Birdwell. Call to register.

**Morning** - We invite beginning and intermediate painters to practice and hone their skills with assignments from our painting instructor.

**Afternoon** - We invite experienced and advanced painters to practice their skills with

**Continued from page 8**

guidance from our painting instructor.

**Painting Open Studio:** Tuesdays. 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.

**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 Fall series is \$40 for one person and \$65 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 Fall 2022 course schedule is online at knoxseniors.org/oconnor and will be available on or before the beginning of September.

Workshops will run September 20, 2022 - October 27, 2022.

**Silver Stage Players:** Fridays. First meeting of the fall season is September 9. Please join a meeting! Currently looking for new cast and crew to work on their next original theater production for the winter season. There are no small parts! No experience necessary. We are always in need of stage hands and actors. If interested in joining or supporting the winter show, give us a call to speak with the group leader.

**Singing Seniors:** Tuesdays. We are delighted to be welcoming back 70+ choir members back to the center! Keep a look out in upcoming newsletters for our upcoming concert schedule in the fall.

**Spanish:**

**Beginner** - 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.

**Advanced** - Fridays. Class is conversational.

**Sewing:** Every other Monday. Learn machine sewing techniques on small, easy, and useful crafts in this instructed sewing class. Beginners welcome! Space is limited; please call to reserve a spot or express interest!

**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 April, May, and June 2022.*

**Mobile Meals**

Anonymous (8) Diana Amann Glen Anderson Bob Andres Jacqueline Blair Dennis Bradbury Imogene Brine Nancy Burger Jewell Cadle Gary Cooper Vivian Correa Danny & Deborah Davis Shirley H. Ellis Clyde and Vernie Huey Elizabeth Johnson Linda Jones Steve Jones Robert Kemp Meghan Leshner Debbie Lowe Nathalie Margan David McCormick Lynn McGinnis and Elizabeth Johnson Beverly McKee William & Diane Melton Peggy Minge & Brian Sipe Gerald Perlman Charles & Susan Perry

Karen Quandt Gwyneth Russler Barbara Ryan Jim & Ann Shay Sally Sisk Bob & Michell Smith Rosemary Vandergriff Hanno & Carol Weitering Thomas Woodbery Jonathan & Mary Woody Smithwood Baptist Church

**In Honor or Memory of**

*In Honor of Gwen and Terry*  
By Anonymous  
*In Honor of Charley Wood*  
By Anonymous  
*In Honor of Wilma Templin-Branner*  
By Ola Blackmon-McBride  
*In Honor of Jim Gormley*  
By Daniel Edmunds  
*In Honor of Charley Wood*  
By Ginger Goral

*In Honor of June Trbovich*  
By Anna Haese  
*In Honor of Johnnie Hoskins*  
By W. H. & Patricia Miller  
*In Honor of Charley Wood*  
By JoAnn Mock  
*In Honor of Dave & Mary Fredna Danford*  
By Sarah Smartt  
*In Honor of Everyone*  
By JJ Knox LLC  
*In Memory of Kenneth Crowler Roberts*  
By Anonymous  
*In Memory of Mary Ellen Keith*  
By Anonymous  
*In Memory of Charley Wood*  
By Anonymous  
*In Memory of Irene Louise Welden Segrows*  
By Anonymous  
*In Memory of Peggy Bradbury*  
By Dennis Bradbury  
*In Memory of Faye Greenlaw*  
By Betty L Brown

*In Memory of John W. Goan, Sr.*  
By Wanda Caldwell  
*In Memory of Ervin Franklin "Frank" Caldwell, Jr.*  
By Wanda Caldwell  
*In Memory of Ralph & Dot Merrell*  
By Margie Collins  
*In Memory of Dorothy Frost, my mother*  
By Catherine Cooper  
*In Memory of Donna T. Bondurant*  
By Dennis & Katherine Chumley  
*In Memory of John Derrick*  
By Pamela DiFranco  
*In Memory of William Gaines "Bill" Fogarty, Sr.*  
By Jack Draper  
*In Memory of Barbara J. Mixon*  
By Luke & Jeanne Knecht  
*In Memory of Barbara J. Mixon*

By James & Patricia Mixon  
*In Memory of Odessa Atkins*  
By Willow Nicholson  
*In Memory of Melissa White Stamps*  
By Dawson Patty  
*In Memory of Robert Schutt*  
By Joanne Schutt  
*In Memory of Donna T. Bondurant*  
By Ty & Kathy Harber  
*Randall Webb*  
By Scott Webb  
*In Memory of Donna T. Bondurant*  
By Douglas & Sara Yoakley

**Adopt a Senior**

Anonymous (34)  
Barbara Abner  
Art and Jenny Adams  
Rebecca Aikman  
The Ailor Family

Susan Alexander  
Samuel A Balloff  
Ivan Beltz  
Lisa Birchen  
Melissa Brenneman  
Jim Brine  
Ken & Kaye Brock  
Sonia Brokaw  
Joyce Brown  
Phyllis Brown  
Bruce & Barbara Ornstein Blake and  
Marcus Bumgarner Carl and Nancy Bylin  
Wanda Caldwell  
Dean Campbell  
Joel and Lisa Cate  
Janie Chang  
Ellen Clark  
Michelle Clayton  
Donna Coffey  
Jean Coleman  
Barbara Collins  
Hedy Collins  
Mary Cook  
Catherine Cooper  
James & Brooksie Cox  
Debra Coyle

Elizabeth Creamer  
Joseph Crump  
Timothy Cutschaw  
Laura Davis  
Robert & Honerlin Del Mero  
Lee Doane  
John & Carolyn Dobbs  
Karen Dotson  
Anne Ehrenshaft  
Eugene & Barbara Eisinger Harold Elkins  
Allan & Donna Ellstrom  
Cynthia Eubanks  
Gordon & Miriam Fee  
Gail Fetterman  
Dr. & Mrs. Howard Filston Albert Folsom  
Catherine Gettys  
Scott & Sue Gibson  
Cynthia Gillespie  
Linda Graham  
Robin Griffith  
Lynn Haddrall  
Joy Harris  
Sarah Hays  
Joachim & Lisa Heck  
Angelique Henegar

Dick & Lynne Hildebrand  
Janice Hixson  
Annie Hooten  
Jim & Tracy Hopkins  
Loretta Houser  
Margaret Humble  
Edwin Jaeger  
James & Lisa Cronin  
Linda James  
Jim & Susan Moore  
Vivian Keel  
Carole Yount  
John & Alma Kissel  
Joan Johnson  
Lisa Jones  
Betsy Joseph  
Jimmy Lytle & Carole  
Dorothy Landry Kehoe  
John King  
Larry Klein  
William & Pefronia  
Konomos  
Cathy Kresan  
Dave & Janet Leachman  
Karen Lee  
Charles & Annette Levin  
Lloyd & Susan Ramer  
Michael & Nancy Lofaro

The Logan Family  
Roy Lopata  
Marlene Luttrell  
Gregory Mackay  
Susan MacVicar  
Timothy Madden  
Matt & Carrie Whit  
Jean-Camille Mattei  
The Mattner Family  
Pierre Maurin  
Rhonda McClurkin  
Jennifer McDonough  
Bill & Andree McFaul  
Harry & Ruth McLeod  
Jennifer Meszaros  
Elizabeth Meynardie  
Marguerite Milland  
Lester & Karen Mitchell  
Brent & Judy Moore  
Cheryl Morris  
Joyce Mosley  
Katelyn Mull  
John & Janet Mullins  
Carol Murphy  
Francine Murphy  
Diane Nevill  
Gary & Beth Niemand  
Tyra Noe & Johnny Gallion  
Carol Ogle  
Christine Olson  
Jean-Michel Pages  
Bill & Anne Park  
Julie Paul  
Buddy & Judith Pelot  
Ed & Sharon Penico  
Kimberly Perron & Andy McHenry  
Deborah Perry  
Thomas & Carrie Polenzani

Carl & Mary Porter  
Tim & Stephanie Porter  
Norman L. Queener  
Carolyn Ray  
Charles Redington  
Willie Reister  
Grady Renfro  
John & Marjorie Reynolds  
John & Patricia Riblett  
LaVon & Darlene Rickard  
Ginger Robinson  
Shelley Rodefer  
Gloria Roy  
Joe & Katie Russell  
Pete & Mary Ruthenburg  
Scott & Linda Rutherford  
Sam DiGiammarino & Brenda Lee  
Susan Saunders  
Janie Seat  
Caren Sebastian  
Jonathan & Pat Shireman  
Margaret Sifri  
Deborah Smith  
Hubert Smith  
John & Elizabeth Smith  
Melinda Smith  
Brigitte Steinbruegge  
Katheryne Stone  
Brad & Starr Suneson  
Cori Sweet & Roy Copping  
The Table Knoxville  
Taso & Donna Roupas  
Lisa Thompson  
Lindsay Tognetti  
Susan Tseng  
William & Patricia Twiddy  
Laura Van Eps  
Bob & Marguerite Wachunas

Kate West  
Don & Sharon White  
Kaye Williams  
Sylvia Woods  
Theresa Wright  
Wes Yoder  
Casey Young  
Carolyn Zachary  
Janice Zartman  
The Bearden Rotary  
Foundation DAF  
Beaver Creek Cumberland  
Presbyterian Church  
Beta Sigma Phi, Xi Mu Chapter  
Buttermilk Sky Pie Shop  
Clancy's Tavern  
Colonial Heights United  
Methodist Church  
Faith Promise Church  
First Farragut United  
Methodist Church  
Grayson Subaru  
Horne Properties, Inc.  
K & J Concrete Polishing Inc  
Knoxville Fire Fighters Association  
Local 65  
Lake Hills Presbyterian Church  
Meridian Baptist Church  
Messiah Evangelical Lutheran  
Church Mount Olive Baptist Church  
Pilot Travel Centers, LLC  
Redemption Church  
RV's For Less, LLC  
Solway United Methodist Church  
Southeastern Dermatology  
Consultants UTMCI Alumni and  
Retired Nurses

# SECOND ANNUAL KNOX ROX 2022 BENEFIT CONCERT

**SAT, SEPTEMBER 10, 2022  
6:00 PM – 9:00 PM**

**865 Axe Throwing**  
5821 Babelay Road • Knoxville, TN 37924

The Second Annual Knox Rox Benefit Concert will support the CAC Office On Aging and Hillcrest Healthcare Foundation. The event will feature a live musical performance by Lavonda & the 865 Bandits, food trucks, axe throwing, and more. Ticket information is available at [knoxseniors.org](http://knoxseniors.org).

## 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**



## OOA PROGRAM CONTRIBUTORS

The Office on Aging appreciates all who give so generously to its programs. Your contributions make a difference. The following individuals and organizations gave in June 2022.

### Office on Aging

Anonymous (1)  
Rose Burgett  
New Direction Health Care Solutions, Inc

### Knox PAWS

In Memory of Lucille Millsbaugh  
By Anonymous  
Anonymous (5)  
Monica Franklin  
Peter & Fawn Landrum  
The Mattner Family  
Patricia Woods  
Messiah Evangelical Lutheran Church

### Senior Information & Referral

Anonymous (3)

### Daily Living Center

Monica Franklin

### John T. O'Connor Senior Center

Anonymous (35)  
New Direction Health Care Solutions, Inc

## 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

[knox00a@knoxseniors.org](mailto:knox00a@knoxseniors.org) • [www.knoxseniors.org](http://www.knoxseniors.org)

70 million Americans are retired and have a lot to offer the community!

Retirees have:

- Life experience
- Skills
- Knowledge
- Perspective
- Time



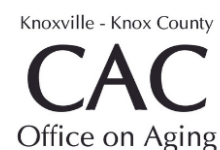
Help improve our community by volunteering your time today!



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](mailto:RSVP@knoxseniors.org)



Retired & Senior Volunteer Program

## FLU SHOTS AT CAC FRIDAY, SEPT.23 • 1 PM – 4 PM CAC ROSS BUILDING • 2247 WESTERN AVE.



Be sure to stay up-to-date with your flu shot! Bring you insurance card for billing.

## READ ELDER NEWS & VIEWS IN PRINT AND ONLINE



If you are reading the print edition of Elder News and Views right now, we want to make sure you know that it is also available online at [www.knoxseniors.org/env](http://www.knoxseniors.org/env).

If you are receiving the print edition by mail at home and wish to be taken off of the mailing list, please send an email to [knox00a@knoxseniors.org](mailto:knox00a@knoxseniors.org). This will help reduce our rising printing costs.

If you would like to receive an email letting you know when the new issue is available online, send an email to [knox00a@knoxseniors.org](mailto:knox00a@knoxseniors.org) to request to be put on the email list.

# OFFICE ON AGING

KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

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

## ELDER NEWS & VIEWS

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

OFFICE ON AGING: (865) 524-2786

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

### IN THIS ISSUE

AGING: A FAMILY AFFAIR, **PAGE 1**

GET HELP WITH OPEN ENROLLMENT, **PAGE 3**

SENIOR CENTER OUTREACH, **PAGE 4**

O'CONNOR CENTER CALENDARS, **PAGES 6 & 7**

KNOX ROX BENEFIT CONCERT, **PAGE 10**

Nonprofit Organization  
U.S. Postage  
**PAID**  
Knoxville, TN  
Permit No. 989

SEPTEMBER/OCTOBER 2022

## ELDER NEWS & VIEWS

PAGE 12

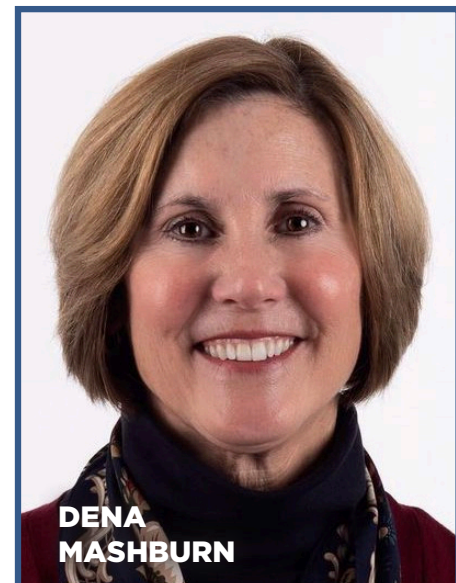
# THE COUNCIL ON AGING PRESENTS COVID-19: TWO YEARS LATER

THURSDAY, OCTOBER 13, 2022 | 2:30 P.M.

O'CONNOR SENIOR CENTER, 611 WINONA ST. • KNOXVILLE

It has now been two years since the novel coronavirus SARS-CoV-2, commonly known as COVID-19, was identified. Mass vaccination efforts have lessened the likelihood of severe illness and the need for hospitalization or death related to the virus, but even those who are fully vaccinated appear to be able to contract and spread the virus (CDC, 2021). The virus continues to mutate, producing new variants with different characteristics. Come learn the latest about COVID-19 and have your most pressing questions answered.

Dena Mashburn, MS, RN, APN, is the Director of Nursing at the Knox County Health Department and has been in health care for over 37 years. She holds Bachelor's degrees in business and nursing from the University of Arizona, a master's degree in nursing, and a family nurse practitioner degree from Texas Women's University. Dena is a registered nurse and has been on the forefront of the Pandemic Response in Knox County. ■



**DENA  
MASHBURN**