

ELDER NEWS

JANUARY/FEBRUARY 2023

VIEWS

OFFICE ON AGING
KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

COME RAZZLE-DAZZLE AT THE 2023 SNOWFLAKE BALL

Saturday, February 18

6:00 pm - 9:30 pm

**Rothchild Conference Center
8807 Kingston Pike, Knoxville**



Purchase tickets online
at knoxseniors.org or
call 865-524-2786.

Make plans now to attend the Snowflake Ball 2023. This annual fundraiser for CAC Office on Aging Senior Companion Program, will be a night of dancing with a live band and making memories! Tickets to the event include a catered dinner, drink token, free photobooth photography, and a complimentary ticket to the 2023 O'Connor Senior Center Pancake Fest. This is your chance to get together with your nearest and dearest and celebrate! Come prepared to bid on amazing Silent Auction items to help support Senior Companions. Once again, we will crown a Snowflake Ball Queen and King at the event. Nominees started hosting fundraising events in October 2022 to support the Senior Companion Program. Whoever raises the most will be crowned King and Queen. Who will it be? Party with us and see!

Did you know that almost half of older adults in our community experience isolation on a regular basis? Can you imagine growing older in your home without the support of any family, friends, neighbors, or financial stability? Who would you call for help?

For over 300 seniors in Knox County, the answer is the CAC Senior Companion Program. This unique program mobilizes senior volunteers to provide support to homebound, lonely, and isolated older adults - free of charge.

Senior Companion volunteers receive a small stipend for their service. This helps them purchase necessities such as food and medicine. Funds raised through the Snowflake Ball will go towards covering the stipend, meals, and transportation costs for Senior Companion Volunteers.

MEET THE 2023 SNOWFLAKE BALL KING & QUEEN NOMINEES

QUEENS



Lynsey Chasteen

Keller Williams

"I am so grateful for this opportunity to run for Snowflake Queen! Isolation and loneliness amongst our senior population is very real and often overlooked."



Whitney Kent

WVLT Channel 8

"Raising awareness for worthy organizations has always been one of my missions in life. It's one of the reasons I got into the news business."



Lorie Lyons

Prime West Knoxville

"Representing CAC is an honor. This organization provides critical programs for our most valuable generation."



Amelia Parker

Knoxville City Council

"CAC is a critical component of Knoxville's social safety net. Numerous programs run by CAC provide critical services to Knoxville's most vulnerable community members."

KINGS



Shawn Angel

Knox County Government

"It is my desire and hope to encourage and support older adults as they continue to fulfill their life journey."



Matt Crawford

Mac's Pharmacy

"Caring for seniors is something that I, along with Mac's Pharmacy, are very passionate about."



Ben Stiefel

Morning Pointe Assisted Living

"I knew from an early age that I had a strong connection with seniors. That grew into a passion and my mission; to serve the seniors of my community and impact their lives in a positive way."



Mike Witcher

WBIR Channel 10

"After seeing my grandparents age through the system and now seeing my parents aging, this was the perfect opportunity for me to raise funds for an important community need."

VOTE FOR YOUR FAVORITE KING & QUEEN AT GIVEBUTTER.COM/SNOWFLAKEBALL2023

Presented by

MorningPointe

Assisted Living & Memory Care

With Locations In Clinton, Knoxville, Lenoir City, Powell & Hardin Valley





THANK YOU TO OUR SPONSORS!

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MORNING POINTE ASSISTED LIVING

PLATINUM SPONSORS

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Life Care Center of Blount County
Plainview Healthcare Partners
Senior Financial Group
UnitedHealthcare

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College of Social Work	Amada Senior Care
Franklin & Kyle Elder Law	Alzheimer's TN
Trustwell Living	Dominion Senior Living
Aaron & Gabrielle Blake	Vista Points Special Needs Trust

SILVER SPONSORS

Home Federal Bank	Hearing Life
Legacy of Prince James Allen	East Tennessee Pharmacy Services
Avalon Hospice	The Pointe at Lifespring

BRONZE SPONSORS

Caris Healthcare	Grow Knoxville
Hillcrest Healthcare	Avenir Memory Care
Smoky Mountain Hospice	Deane Hill Place
Always Best Care	Long, Ragsdale, & Waters, P.C.
Roost	Elder Law of East Tennessee

For more information, visit knoxseniors.org

**SAVE THE DATE
FOR PANCAKE FEST 2023!
FRIDAY, MARCH 31**

THIS IS THE AGE OF THE GRANDPARENT

The percentage of children living in "grandfamilies" has doubled since 1970. Many times, the reasons for grandparents or other relatives stepping in and caring for a child are tragic. The Office on Aging offers the Grandparents as Parents program to help families as they move beyond these difficult transitions and to support and encourage them as they navigate their caregiving journey.



Grandparents as Parents (GAP) offers two monthly group meetings. Relative caregivers can attend to find education, information, make new friends, and just have some fun. One group meets at the Ross building and the other meeting is a conference call. GAP also offers a monthly newsletter, weekly email updates, a weekly discussion group (Grand Visions), a Grandparents as Parents Guidebook, and more. All services are offered at no charge. Call the Grandparents as Parents program for more information at 865-524-2786. Learn more about GAP at knoxseniors.org.

Join us at the next **Grandfamilies Together** meetings:

Ross Building
2247 Western Ave.
10:00 am - Noon
January 24 & February 28

GAP Conference Call
10:00 am - 10:30 am
2nd Tuesday of the month
January 10 & February 14

SAVE THE DATE!

Grandparents as Parents
presents
**Parenting the Second Time Around
Conference**
Tuesday, April 25, 2023

Join us!

HELPING PEOPLE, CHANGING LIVES: OFFICE ON AGING STAFF RECEIVES RECOGNITION



Sasha Hammett, Elder Abuse Program Manager, was recently awarded the 2022 Social Worker of the Year award. The award was presented by the Tennessee Society of Healthcare Social Workers on December 9, 2022.

Sasha works tirelessly to help the most vulnerable older adults who are experiencing abuse and neglect. The cases are not always clear cut, but she navigates them with

care and professionalism. Her passion for justice and the safety for older adults is evident in her work and in her heart. Congratulations, Sasha!

Jared Peer, AmeriCorps Seniors Lead RSVP Coordinator, was honored to receive first place nationwide for the Association of Leaders in Volunteer Engagement's Emerging Leader Award on October 18. The award celebrates volunteer engagement professionals who have shown exceptional leadership and knowledge in the field. They showcase the importance of the volunteerism and inspire professionals across the country to continue to lead in their communities. Congratulations, Jared!



"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has."

Margaret Mead

THE COUNCIL ON AGING PRESENTS AT HOME WITH FIRE SAFETY

with Colin Cumesty, Knox County Fire Bureau

Thursday, January 12, 2023

2:30 pm at O'Connor Senior Center
(611 Winona St.)

This program is free and open to the public.

With everyone spending more time in their homes, it is important that we stay safe and protect ourselves from common winter accidents like fires caused by space heaters and falls due to ice. Join us as Colin Cumesty of the Knox County Fire Bureau gives practical tips on how to stay safe this winter.

Colin Cumesty is a 24-year veteran of the Rural Metro Fire Department in Knox County. From 2009 to 2019, Colin was assigned to the Town of Farragut Fire Prevention Office where he was responsible for Fire Code compliance in new and existing construction. Colin has been a State of Tennessee and International Code Council Certified Fire Inspector since 2009. Since 2010, Colin has been assigned to the Knox County Fire Bureau as a Fire and Life Safety Educator. Colin routinely develops and delivers public education programs with the goal of reducing injuries and loss of life from fire and life safety emergencies. Colin is also a Certified Fire and Explosion Investigator who works collaboratively with the staff of the Knox County Fire Investigation Task Force.



TECH SMART KNOX SENIORS OPEN ENROLLMENT

CAC Office on Aging launched our newest initiative called Tech Smart Knox Seniors. Tech Smart Knox Seniors is available to eligible Knox County residents, age 60 and over, who wish to increase their digital knowledge through training, seek an affordable digital device, and counseling for in-home connectivity. This initiative is possible with funding through the West End Home Foundation and a partnership with Tech Goes Home.

For more information, please visit us at knoxseniors.org/tech-smart, call us at 865-524-2786, or e-mail us at techsmart@knoxseniors.org



TECH SMART KNOX SENIORS

KNOXSENIORS.ORG

SENIOR NEEDS ASSESSMENT FINDINGS NOW AVAILABLE

Every five years, the Knoxville-Knox County Council on Aging reaches out to older adults, caregivers, senior service providers, community leaders and others in Knoxville and Knox County to get their feedback on current concerns and needs in their communities. On May 12, 2022, groups came together to discuss and prioritize senior needs and possible solutions to these issues.



In addition to the meeting on May 12, 2022, two smaller meetings were held for Foster Grandparent Volunteers and Senior Companion Volunteers at O'Connor Senior Center. Smaller meetings were also hosted at Knox County Senior Centers including Corryton Senior Center, South Senior Center and West Senior Center. An online survey hosted by Question-Pro was available for those who could not attend any of the in-person discussions.

Using the information from the 2022 Needs Assessment, the CAC Office on Aging plans to share results with partner agencies, elected public officials, and other leaders to create new or expand existing programs to meet these needs.

The Council on Aging would like to thank everyone who participated and assisted in this important process to determine how best to move forward in addressing the current needs of older adults in Knoxville and Knox County.

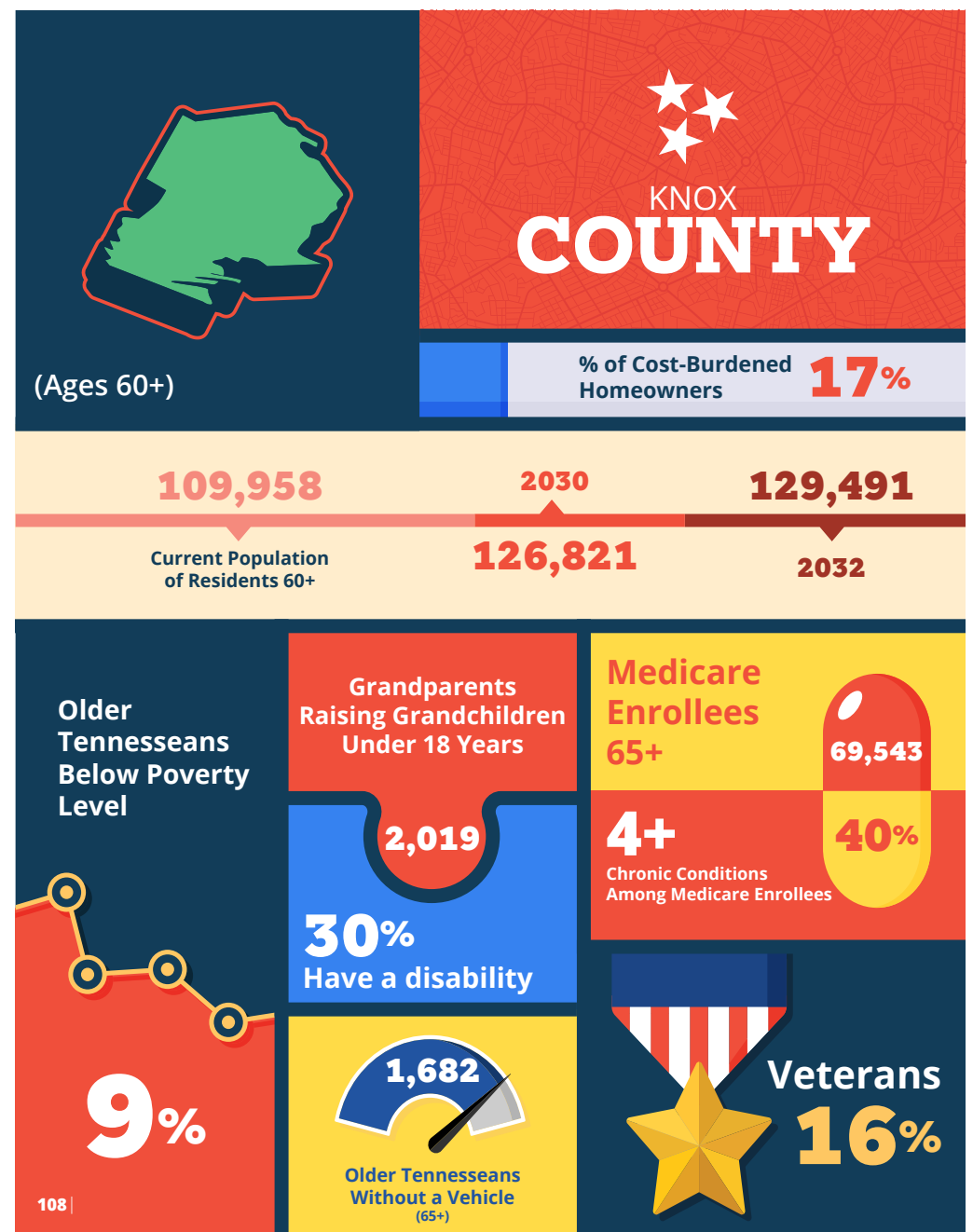
You can read the 2022 Senior Needs Assessment online at knoxseniors.org/coa. Copies will also be available upon request at the Office on Aging and O'Connor Senior Center. If you have any comments or feedback, please contact us at 865-524-2786 or email knoxooa@knoxseniors.org. ■

The Office on Aging's 2021-2022 Annual Report is Here!

Read the Office on Aging's 2021-2022 Annual Report online at knoxseniors.org/report.



2022 STATE OF AGING KNOX COUNTY, TENNESSEE



From the Tennessee Commission on Aging & Disability <https://www.tn.gov/aging/publication-reports/state-aging-profile.html>

O'CONNOR CENTER SCHEDULE JANUARY & FEBRUARY

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.

The O'Connor Senior Center will be closed on
Monday, January 2 for New Year's Holiday
Monday, January 16 for Martin Luther King, Jr. Day
Monday, February 20 for President's Day

PHYSICAL FITNESS - HEALTH EDUCATION - HEALTH SCREENING

Blood Glucose Checks: Thursdays, \$1.50. A 12-hour fast is recommended to ensure a correct reading.

Blood Pressure Checks: Monday-Friday, 10:30 am-11:30 am.

COVID Vaccination Clinics: Thursday, January 4th and Thursday, February 1st, from 9:00 am -1:00 pm

Emotional Health & Wellbeing: Tuesdays. 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, not intended to serve as psychotherapy or diagnosis, are educational, and meant to be of help to anyone.

Exercise: Arthritis Foundation on 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 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.

KCBC Mammogram Van: Appointments must be made in advance by calling KCBC at 865-583-1003.

SAIL Exercise Class: Learn how this exercise curriculum can improve your balance and strength. Classes meet every Tuesday and Thursday at 8:30 am and 12:30 pm. Space is limited. Call ahead to reserve your spot!

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

Tai Chi for Arthritis: Improve balance, reduce stress and obtain arthritis pain relief through slow, gentle movement.

Qigong: Integrate physical postures and breathing techniques, along with focused attention, to improve health, healing and increase flexibility and balance.

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 of a volunteer to help lead walks. For information, call Nurse Claudia at 865-523-1135.

Toenail Clipping Clinic 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.

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. Membership is \$3. Call the Center at 865-523-1135 for more information and to speak with the group leader for more information.

Artist Trading Card Swap Meet: February 27, 1:00 pm. Open to artists of all ages. ATCs have just one simple rule: they must measure 2-1/2 x 3-1/2 inches, and be flat enough to slide into a standard trading card sleeve. Media, materials, and techniques are totally up to the

individual artist, so cards can be rubber stamped, painted, collaged, screen-printed, or created by any method imaginable. Bring your tiny works of art for trade at our monthly swap meet!

Billiards: Come and play a friendly game of billiards and meet our players. They usually grab food and socialize in the Dine-a-Mite Diner and then play after lunch. Or feel free to bring a friend to shoot some pool anytime the center is open!

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. Enjoy a game of cards, Rummikub, or a relaxed table game with new friends! Instruction available.

Commodities Distribution: Commodities are a shelf stable food program with food resources provided by USDA. Each household will receive 2 bags of food. Any low-income 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 will be required.

Continued on page 8

JANUARY 2023 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
<p>CENTER CLOSED 2</p> 	<p>3</p> <p>8:30 SAIL Exercise 9:00 COVID Vaccinations 11:00 Adv. Arthritis Exercise 11:00 Italian 12:30 Cards & Games 1:30 Intro to Line Dancing 2:00 Beginner Ballroom Dancing</p>	<p>4</p> <p>9:00 Toenail Clipping Clinic 10:00 Qigong 10:30 Beg. Spanish 12:00 Yoga</p>	<p>5</p> <p>8:30 SAIL Exercise 9:00 Knitting and Crocheting 11:00 Adv. Arthritis Exercise</p>	<p>6</p> <p>10:00 Ping Pong 10:00 Wood Carvers 11:00 Silver Stage Players 12:30 Jam Band 1:00 Fun Film Friday</p>
<p>9</p> <p>9:30 Creative Writers 10:00 Greenhouse Open 10:00 Mahjong 10:00 Sewing 10:00 Tai Chi for Arthritis 11:30 Lunch & Learn: Therapeutic Qigong 12:00 Yoga 1:00 BINGO 2:00 Commodities Distribution</p>	<p>10</p> <p>8:30 SAIL Exercise 11:00 Adv. Arthritis Exercise 11:00 Italian 12:30 Cards & Games 1:30 Intro to Line Dancing 2:00 Beyond Ballroom Dancing</p>	<p>11</p> <p>9:00 Toenail Clipping Clinic 10:00 Qigong 10:30 Beg. Spanish 11:30 Artist & Crafter's Window Mtg 12:00 Yoga</p>	<p>12</p> <p>8:30 SAIL Exercise 9:00 Knitting and Crocheting 11:00 Adv. Arthritis Exercise</p>	<p>13</p> <p>9:00 Martin Luther King, Jr. Day of Service Event 10:00 Ping Pong 10:00 Wood Carvers 11:00 Silver Stage Players 12:30 Jam Band 1:00 Fun Film Friday</p>
<p>CENTER CLOSED 16</p> 	<p>17</p> <p>8:30 SAIL Exercise 11:00 Adv. Arthritis Exercise 11:00 Italian 11:00 Greenhouse: Orchid Workshop pt. 2 12:30 Cards & Games 1:30 Intro to Line Dancing 2:30 Beginner Ballroom Dancing</p>	<p>18</p> <p>9:00 Toenail Clipping Clinic 10:00 Qigong 10:30 Beg. Spanish 12:00 Yoga</p>	<p>19</p> <p>8:30 SAIL Exercise 9:00 Knitting and Crocheting 11:00 Adv. Arthritis Exercise</p>	<p>20</p> <p>10:00 Ping Pong 10:00 Wood Carvers 11:00 Silver Stage Players 12:30 Jam Band 1:00 Fun Film Friday</p>
<p>24</p> <p>8:00 KCBC Mammogram Van **Appointment required** 9:30 Creative Writers 10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi for Arthritis 10:00 Sewing 12:00 Yoga 1:00 BINGO</p>	<p>25</p> <p>8:30 SAIL Exercise 11:00 Adv. Arthritis Exercise 11:00 Italian 12:30 Cards & Games 1:30 Intro to Line Dancing 2:00 Beyond Ballroom Dancing</p>	<p>26</p> <p>9:00 Toenail Clipping Clinic 10:00 Qigong 10:30 Beg. Spanish 12:00 Yoga</p>	<p>27</p> <p>8:30 SAIL Exercise 9:00 Knitting and Crocheting 11:00 Adv. Arthritis Exercise</p>	<p>28</p> <p>10:00 Ping Pong 10:00 Wood Carvers 11:00 Silver Stage Players 12:30 Jam Band 1:00 Fun Film Friday</p>
<p>30</p> <p>10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi for Arthritis 11:30 Lunch & Learn: Spiritual Wellness 12:00 Yoga 1:00 BINGO</p>	<p>31</p> <p>8:30 SAIL Exercise 11:00 Adv. Arthritis Exercise 11:00 Italian 12:30 Cards & Games 1:30 Intro to Line Dancing 2:00 Open Ballroom Dancing</p>			

RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:30 Billiards Room Open 10:30 Blood Pressure Checks 11:00 Loss & Life Changes 1:30 Intermediate Line Dancing</p>	<p>8:30 Billiards Room Open 10:30 Blood Pressure Checks 10:00 Basic Arthritis Exercise 10:00 French 10:00 Taoist Tai Chi Set Practice 11:30 Painting Open Studio 12:30 SAIL Exercise TECH TUTORING BY APPT.</p>	<p>8:30 Billiards Room Open 10:30 Blood Pressure Checks 10:00 Concert Band 10:00 Morning Painting 11:00 Jazz Band 12:30 Afternoon Painting 12:30 Texas Hold 'Em 1:30 Beginner Line Dancing TECH TUTORING BY APPT.</p>	<p>8:30 Billiards Room Open 8:30 Blood Glucose Checks 9:00 Knitting and Crocheting 9:30 Blood Pressure Checks 10:00 Basic Arthritis Exercise 10:00 Happy Hikers 10:30 Blood Pressure Checks 10:00 Taoist Tai Chi Set Practice 10:00 Thursday Walkers 12:30 Cards & Games 12:30 SAIL Exercise</p>	<p>8:30 Billiards Room Open 10:30 Blood Pressure Checks 11:00 Advanced Spanish 11:00 Silver Stage Players Rehearsal</p>

FEBRUARY 2023 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
		9:00 Toenail Clipping Clinic 10:00 Qigong 10:30 Beg. Spanish 12:00 Yoga	8:30 SAIL Exercise 9:00 Knitting & Crocheting 11:00 Adv. Arthritis Exercise 2:00 Violin Quick-Start	10:00 Ping Pong 10:00 Wood Carvers 11:00 Silver Stage Players 12:30 Jam Band 1:00 Fun Film Friday
10:00 Greenhouse Open 10:00 Mahjong 10:00 Sewing 10:00 Tai Chi for Arthritis 11:30 Lunch & Learn: Know Your Blood Type 12:00 Yoga 1:00 BINGO	8:30 SAIL Exercise 9:00 COVID Vaccinations 9:30 Singing Seniors Practice 11:00 Adv. Arthritis Exercise 11:00 Italian 12:30 Cards & Games 1:30 Intro to Line Dancing 2:00 Beginner Ballroom Dancing	10:00 Qigong 10:30 Beg. Spanish 12:00 Yoga	8:30 SAIL Exercise 9:00 Knitting & Crocheting 11:00 Adv. Arthritis Exercise 2:00 Violin Quick-Start 2:30 Council on Aging	10:00 Ping Pong 10:00 Wood Carvers 11:00 Silver Stage Players 12:30 Jam Band 1:00 Fun Film Friday 7:00 PM Saturday Night Dance
9:30 Creative Writers 10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi for Arthritis 10:00 Sewing 11:00 Greenhouse: Peace Lilly Rehab Workshop 12:00 Yoga 1:00 BINGO	8:30 SAIL Exercise 9:30 Singing Seniors Practice 11:00 Adv. Arthritis Exercise 11:00 Italian 12:30 Cards & Games 1:30 Intro to Line Dancing 2:00 Beyond Ballroom Dancing	9:00 Toenail Clipping Clinic 10:00 Qigong 10:30 Beg. Spanish 12:00 Yoga	8:30 SAIL Exercise 9:00 Knitting & Crocheting 11:00 Adv. Arthritis Exercise 2:00 Violin Quick-Start	10:00 Ping Pong 10:00 Wood Carvers 11:00 Silver Stage Players 12:30 Jam Band 1:00 Fun Film Friday
<p style="text-align: center;">CENTER CLOSED</p> 	8:30 SAIL Exercise 9:30 Singing Seniors Practice 11:00 Adv. Arthritis Exercise 11:00 Italian 12:30 Cards & Games 1:30 Intro to Line Dancing 2:00 Beginner Ballroom Dancing	9:00 Toenail Clipping Clinic 10:00 Qigong 10:30 Beg. Spanish 12:00 Yoga	8:30 SAIL Exercise 9:00 Knitting & Crocheting 11:00 Adv. Arthritis Exercise 2:00 Violin Quick-Start	10:00 Ping Pong 10:00 Wood Carvers 11:00 Silver Stage Players 12:30 Jam Band 1:00 Fun Film Friday
9:30 Creative Writers 10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi for Arthritis 11:30 Lunch & Learn: Hands Only CPR (Lunch Prior) 12:00 Yoga 1:00 BINGO	8:30 SAIL Exercise 9:00 Greenhouse Plant Sale 9:30 Singing Seniors Practice 11:00 Adv. Arthritis Exercise 11:00 Italian 12:30 Cards & Games 1:30 Intro to Line Dancing 2:00 Beyond Ballroom Dancing			

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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CONTINUED FROM PAGE 5

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: Meets 2nd and 4th Monday. 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. No class 12/26-12/30.

Beginner Ballroom Dancing: Instruction available on the 1st and 3rd Tuesday by Gabriel Akers, Professional Ballroom Instructor from Timeless Ballroom, will be teaching this fun class. Join us! \$3/class

Beyond Ballroom Dancing: For those who know the basics but would like to learn more technique; available on the 2nd and 4th Tuesday by Gabriel Akers, Professional Ballroom Instructor from Timeless Ballroom, will be teaching this fun class. 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 (Intermediate): Tuesdays. We cover culture, language, and history in this class. Intermediate students welcome; students should have a basic knowledge of grammar and an interest in finessing and improving listening and speaking skills. 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.

Greenhouse: Open Mondays 10:00 - 12:00. Bring your troubled houseplants for hands on care, repotting assistance, and general growing advice. If you cannot bring your plant, a photograph will do. You can also stop by and give us a hand with repotting and care of the Center's greenhouse plants. We also have plants for sale. No registration required. **Plant Care Volunteer Needed!**

We are seeking volunteers to help care for plants inside the O'Connor Center. Call 865-523-1135 if interested.

• **Orchid Workshop Follow-up** - Tuesday, January 17, at 11:00 am. How will your orchids fair over the winter? In this workshop we can check how your orchids are doing, your watering method, lighting, and staking these beautiful blooms! Not required, but you may bring your orchid for evaluation and repotting

(donations appreciated for supplies) Call the Center at 865-523-1135 to register, or stop by.

• **Peace Lily Rehab Workshop**- Monday, February 13, at 11:00 - How is that Peace Lily performing? Lacking some vigor from the chilly winter? This workshop will advise on how to perk up your Peace Lily by learning how and when to repot, water, fertilize, and lighting requirements. If you have a plant that you are concerned about, please bring it to the class. Call the Center at 865-523-1135 to register, or stop by.

• **Greenhouse Plant Sale:** Tuesday, February 28, at 9:00 am - 2:00 pm - O'Connor Center Greenhouse will have a plant sale. Plants include a variety of succulents, ferns, bromeliads, pothos, orchids, and houseplants in general. All proceeds go to support the operation of the O'Connor greenhouse.

Italian: Tuesdays. Beginners are welcome! We cover language, culture, and history. 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!

Knitting & Crocheting: 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. All of the books in our library are donations. We can use books that are in good condition. Large print books are needed- mysteries, novels and non-fiction. Donations must be hardback and are accepted during business hours. Books can be dropped off at the front desk or the library hallway.

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. Diner lunch is provided and donations are appreciated.

Monday, Jan. 9, 11:30 - Therapeutic Qigong - Jim Malia, Certified Instructor, will share how Therapeutic Qigong provides evidenced based benefits for the rehabilitation of many chronic health conditions and is used to increase flexibility, balance and relieve joint pain. It reduces stress and tension, boosts the immune system and promotes healthy aging.

Monday, Jan. 30, 11:30 - Spiritual Wellness - Join Reverend Caroline Vogel, Director of Spiritus Knox, as she shares how we can take better care of ourselves by paying attention to our spiritual needs. She will focus on personal needs, those of our families and our community. She will, also, show how the many creative offerings at O'Connor influence our spiritual health.

Monday, Feb. 6, 11:30 - Know Your Blood Type - A representative from Medic Regional Blood Center will

test your blood type and share the importance of donating platelets to HELP YOUR COMMUNITY!

Monday, Feb. 27, 11:30 - Hands Only CPR - Our hands can do many things. The most important could possibly be saving someone's life. Nurse Claudia will teach how to do hands only CPR. Enjoy a diner lunch before or after this class.

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

Painting: Wednesdays. \$40. These once a week instructed art sessions start January 4 and are held for 10 weeks in an art room setting with our painting instructor, Ann Birdwell. Call to register or for more information.

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

Ping Pong: Fridays. Join us at 10:00 am 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.

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!

Technology Tutoring: Available one-on-one appointments on Tuesdays and Wednesdays for computer questions and answers. Please call to schedule an appointment with our volunteers. Tech volunteer needed! 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!

Violin Quick-Start (for Returning and Beginning Players): Eight sessions focused on violin basics including: holding the bow, bow stroke, technique, refreshing music reading skills, listening and ensemble-playing skills. There are prerequisites for participating. You should have some prior familiarity with the instrument. You should know how the violin is tuned, and how the violin and bow are held. If you've ever played in a school orchestra, taken lessons, or if you are proficient in another instrument you're probably a good candidate. You should be able to read music. You don't need to be a great sight-reader, but you should

CONTINUED ON PAGE 10

THANK YOU TO OUR 2022 O'CONNOR GOLF TOURNAMENT SPONSORS

The event was held on September 30 at Three Ridges Golf Course. We appreciate the sponsors and golfers who made the tournament a huge success and a lot of fun!

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TOP GOLF OF FARRAGUT

WILLIAMS CREEK GOLF COURSE

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 September and October 2022.

Mobile Meals

Anonymous (5)
 Ken & Kaye Brock
 Joyce Brown
 Betty Browning
 Colonial Heights
 United Methodist Church
 Gary Cooper
 Donald Delaney
 Lois Frady
 Donald & Helen Hale
 Diana Lee Loper
 Debbie Lowe

William & Diane Melton
 Mildred Moon
 Norman L. Queener
 John & Elizabeth Smith
 Smithwood Baptist Church

In Honor or Memory of

In Honor of Avi Finley
 By Anonymous
In Memory of Mary Anne Kilbou

By Central Baptist Church Bearden
In Memory of Patti Bruner
 By Mike and Cammy Glover
In Memory of Beth Larkin
 By David and Barbara Myers
In Honor of Beth Larkin
 By Deborah Seal Pastorelle
In Memory of Marjorie

Reynolds
 By John Reynolds
In Memory of Iris & Sherrod Wells
 By Jane Wells
In Honor of Beth Larkin
 By Ms. Linda L. Workman

Adopt-A-Senior

Anonymous (6)
 Barbara Abner
 Jim and Pat Andrews
 AT&T Pioneers

Beaver Creek Cumberland Presterian Church
 Jim Brine
 Carol Dunn
 East Tennessee Human Resource Agency
 Thomas Evans
 Lake Hills Presterian Church
 Gloria Ann Lunsford
 J. Lynn & Judy White
 Mount Olive Baptist Church

Deborah Perry
 Carl & Mary Porter
 Douglas & Jeanette Ramey
 LaVon & Darlene Rickard

know the notes, rests, rhythmic values, know clefs, key signatures, etc. Since we will be working entirely in treble clef in this class, you do not need to be able to read bass clef. Have an instrument to bring: You should have a properly set-up, full-sized instrument and bow as well as rosin, music stand and other basic components. Ron Sharpe is a singer, music educator, and multi-instrumentalist, originally from Knoxville. While pursuing a nearly 25-year career in publishing in New York City, Ron renewed an old interest in the violin and began studying violin with the late Julianne Klopotic and playing with the New York Late Starters String Orchestra as well as numerous amateur groups in the New York area. For the last 10 years, Ron has been working with small groups of adult beginner string students. Now semi-retired and back in Knoxville, Ron is eager to continue his work with adult beginner string players. Ron has bachelor's and master's degrees in music performance from UT. In addition to working with beginning string players, has enjoyed composing, arranging, performing, and choral conducting over many years.

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

HELP OLDER ADULTS KEEP WARM THIS WINTER

Cold winter weather can have devastating effects on older adults' health. According to the National Institute on Aging, for an older person, a body temperature of 95°F or lower can cause many health problems, such as a heart attack, kidney problems, liver damage, or worse.

Project LIVE (Living Independently through Volunteer Efforts) is an Office on Aging program that serves seniors with the goal of keeping them in their own homes. Many Project LIVE clients do not have working heating units, so we desperately need donations of new portable heaters of the ceramic type or electric oil-filled radiant type (that look like radiators but are portable, electric, and safe for seniors). Our office also accepts monetary donations toward the purchase of portable heaters. Don't let older adults go without heat this winter.

Donations of heaters can be dropped off at the Office on Aging, 2247 Western Avenue in Knoxville. Financial donations should be mailed to the Office on Aging, P.O. Box 51650, Knoxville TN 37950-1650. Please specify that it is for the purchase of heaters. You can also donate online at knoxseniors.org.

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

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 October 2022.

Office on Aging

Anonymous (1)
James Kelly

Grandparents As Parents

Beaver Creek Cumberland
Presbyterian Church

Knox PAWS (Placing Animals With Seniors)

In Memory of Mary Lewis
By Carol Blair

IREM East Tennessee Chapter No. 57

Peter & Fawn Landrum
The Mattner Family
Patricia Woods

O'Connor Senior Center

Always Best Care Senior Services
Morning Pointe Assisted Living

CLASSROOM GRANDPARENTS



Are you 55 years of age or older? Do you love children?
Can you volunteer a few hours each week at a school?
Do you need a little extra income?

If you answered YES to any or all of these questions,
THE FOSTER GRANDPARENT PROGRAM IS READY FOR YOU!

We offer a wide range of benefits!

- Tax-free stipend (does not affect benefits like Social Security)
- Travel reimbursement
- Meal allowance
- Paid training opportunities



865-524-2786

knoxseniors.org

HOME SAFETY & MAINTENANCE TIPS

Now that winter is upon us, we thought it would be a good idea to pass along some suggestions and recommendations as it relates to safety and comfort in the home. Below is a list of those we suggest you pay particular attention to.

SMOKE AND CARBON MONOXIDE DETECTORS

If your home is not equipped with these types of detectors, it is **EXTREMELY IMPORTANT** that you contact your local fire department and they should install these items for you free of charge. The smoke detector should be in every home. The carbon monoxide detector should be installed if your heat or appliances operate off of natural gas or propane. If you already have these items, ensure to check the test button located on the detector weekly to make sure it is operable. If the test button does not provide a sound, then have the batteries replaced and re-test. If it still doesn't work, it should be replaced.

ELECTRICAL

If you use a space heater in your home, it is **NOT** a good idea to plug these into a power strip. **ALWAYS** plug them into the actual wall outlet. **DO NOT** place them close to furniture, clothes, or anything flammable. **ONLY** use those heaters that have a safety device that automatically shuts off if turned over. If you use power strips, **IT IS EXTREMELY IMPORTANT** that you **DO NOT** overload it by plugging too many items into it. Suggest no more than **TWO** items. If you use it for appliances such as a microwave or refrigerator, **ONLY** plug that **ONE** appliance into it.

FIREPLACES AND WOOD BURNING STOVES

If you use a fireplace, we recommend that you have it professionally cleaned before lighting it up. Flammable material will build up on the inside of the chimney over the course of time. **ENSURE** that the **DAMPER** is open before you start the burning process. Otherwise, smoke will fill the interior of your home. Your local Fire Department can provide you with this and other information. If you use a wood or charcoal burning stove, it is also **STRONGLY** suggested that you have the smoke pipe checked before using it and that you have a fire pan or similar item underneath it to collect dangerous material that may fall on the ground when cleaning. **DO NOT** set directly on to wood flooring, carpet, or other flammable floor covering.

DO YOU NEED A SENIOR SERVICE DIRECTORY?

We want to remind you that the Office on Aging's Senior Service Directory is a powerful tool for getting the information you need when you need it. The books are always free and available at area hospitals, library branches, schools, churches, community centers and sponsors' places of business all across Knox County. You can also pick up copies at the Ross Building and O'Connor Senior Center. We can provide boxes of directories for anyone who requests them. You can also access the Senior Service Directory online anytime at knoxseniors.org. If you or anyone you know is interested in advertising in the directory, please call us at 865-524-2786. Sponsorship and ad sales fund the directory so we can offer it at no cost to anyone who wants it. Please consider supporting the Office on Aging through sponsorship of this valuable resource.

RETIRED & SENIOR VOLUNTEER PROGRAM



RSVP matches passionate volunteers age 55 and older with meaningful opportunities in our community.



MEET NEW PEOPLE



MAKE YOUR OWN SCHEDULE



FIND A CAUSE YOU LOVE



To serve in Knox:
Call 865-524-2786

To serve in Blount:
Call 865-317-4747

RETIRED & SENIOR VOLUNTEER PROGRAM

- WHAT RSVP VOLS DO:**
- Drive seniors to doctors and on errands
 - Home visits to help seniors
 - Call lonely seniors to provide company
 - Office administrative work
 - Serve in local senior centers and more!

- WHY BECOME AN RSVP?**
- Find service you're passionate about
 - No minimum hours — flexible scheduling
 - Supplemental insurance provided
 - Meet other senior volunteers and expand your own social circle!
 - Annual RSVP events

Getting to talk to people is the most fun of the whole thing. Honestly, you get very attached. We need this just as bad as our seniors do.

- Ruth H., RSVP volunteer

Email us to learn more!
Knox - rsvp@knoxseniors.org
Blount - rsvp@blountcaa.org

OFFICE ON AGING

KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

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

ELDER NEWS & VIEWS

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

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ELDER NEWS & VIEWS

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THE COUNCIL ON AGING PRESENTS

IS IT HEARING LOSS OR SOMETHING ELSE?

WITH DR. GEORGIA YIANAS

Thursday, February 9, 2023

2:30 P.M. at O'Connor Senior Center (611 Winona St.)

This program is free and open to the public.

Do you find yourself straining to understand what someone has said? Or that you need to turn your television up just a little bit louder, so it sounds clearer to you? It's possible you're experiencing the effects of hearing loss, but it may be something else. Join us as audiologist, Dr. Georgia Yianas, explains the common causes of permanent and non-permanent hearing loss and how to prevent it.

Dr. Georgia Yianas is an audiologist with over 25 years of diverse experience in the field of

audiology. Dr. Yianas has had special training in the diagnosis and treatment of hearing disorders, and has worked extensively with amplification devices. In addition, she holds a master's degree in Gerontology. Throughout her career, Dr. Yianas has volunteered her time traveling to third-world countries and working with medical missions to help develop audiology programs to fit adults and children in their communities with hearing aids. Dr. Yianas loves her life's work and always enjoys meeting people and helping them hear better.

