

ELDER NEWS

JANUARY/FEBRUARY 2024

VIEWS

OFFICE ON AGING
KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

JOIN US FOR THE 15TH ANNUAL

SNOWFLAKE BALL

A FUNDRAISING EVENT FOR THE SENIOR COMPANION PROGRAM

Saturday, February 17, 2024

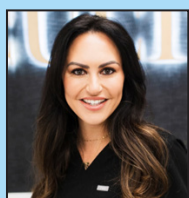
6:00 pm-9:30 pm at Rothchild Conference Center (8807 Kingston Pike)

Enjoy a memorable night of live music, dancing, catered dinner, silent auction, and crowning of the Snowflake Ball 2024 King and Queen to benefit the Senior Companion Program. This annual fundraiser is the much-anticipated party of the year! Not only is it a festive time to get together and have fun, it is also a time to celebrate

meaningful service to older adults who need extra support to maintain quality of life and a time to raise funds to keep the program alive and thriving. To purchase tickets and vote for your favorite Snowflake Ball King and Queen by donating to their campaigns, visit knoxseniors.org.

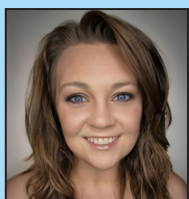
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Meet the Queen Nominees



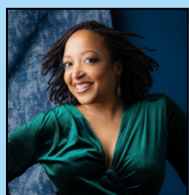
Leila Beyer | Culture Aesthetics & Wellness

"I am extremely honored for the nomination to run for Snowflake Queen and grateful to be able to support such an amazing program for our senior community."



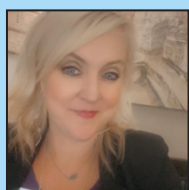
Cana Johnson | Home Federal Bank

"Every day at work I get the opportunity to sit with seniors who are isolated and have no one to share their stories or express their needs. My heart feels a sense of responsibility to not only bring the needs of our senior community into the spotlight, but to also meet that need with services and resources."



Dasha Lundy | Knox County Commissioner

"I am honored to be nominated to run for Snowflake Queen. With a background in practicing Physical Therapy in the home health sector, I have seen how seniors benefit from Companionship. Many seniors don't have a lot of support, which is heartbreaking. I am grateful that CAC can fulfill that need."



Crystal Palmer | Deane Hill Place

"I'm so grateful for this opportunity to honor my friend Penny Bandy, by raising money to support the Senior Companion Program which serves socially isolated seniors."

Meet the King Nominees



Marcos Garza | Garza Law

"Championing the rights of isolated seniors is not just a cause, it's a moral imperative! Our seniors in the Knoxville community deserve the dignity of companionship, the right to be heard, and the assurance of a community who cares, and I am here to help!"



Carlos Lopez | WATE 6 On Your Side

"Anytime that I can be a part of something that is for helping others, I'm there. Jesus calls us to love our neighbors like we love ourselves and I want to do just that."



Jesse Moss | UT College of Social Work

"I am profoundly grateful for the work and services provided by the CAC's Office on Aging. As a veteran, I feel it is a privilege to serve our community's elders. They are our heroes, and I am honored to support our seniors and the Office on Aging in this vital mission for our community."



Jeff Pell | Amada Senior Care

"In my role with Amada Senior Care, I have worked with CAC Office on Aging on several occasions and have appreciated the great work that they do for our community. I have experienced first hand, many situations where seniors have limited resources and need help. For that reason, it is an honor to be part of the Snowflake Ball Royal Court and contribute to the Senior Companion Program."

TO PURCHASE TICKETS AND VOTE FOR YOUR FAVORITE KING AND QUEEN NOMINEE, VISIT KNOXSENIORS.ORG

SNOWFLAKE BALL

Tickets to the event are \$75 each and include a catered dinner, drink token, photography, and a complimentary ticket to the 2024 O'Connor Senior Center Pancake Fest to be held on March 22.

The only way we are able to accommodate group seating is if the tickets are purchased together or under the same table name. There are limited tables with 8 seats per table, so make sure you communicate with your party to select the same table.

For more information, give us a call at 865-524-2786, visit our website at knoxseniors.org or email SnowflakeBall@knoxseniors.org.



SCAN TO
PURCHASE
TICKETS

Follow our event hashtag on social media:
#SnowflakeBall2024

Purchase tickets online at knoxseniors.org

ABOUT THE SENIOR COMPANION PROGRAM

Did you know that 40% of seniors 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 support homebound, lonely, and isolated older adults free of charge.

The Senior Companion volunteers receive a small stipend for their service which helps them purchase necessities such as food and medicine. Your donation today will go towards covering the stipend, meals, and transportation costs for Senior Companion Volunteers.

Special thanks to our Platinum Sponsors!

Arbor Terrace
OF KNOXVILLE

Morning Pointe
Senior Living & Memory Care

GARZA
LAW FIRM

THE GROVES
AT OAK RIDGE

Mac's
HOMETOWN PHARMACIES
EST. 1959

Senior Financial Group
Doing Medicare Differently.

SAVE THE DATES!

O'Connor Pancake Fest - Friday, March 22

Duncan Awards - Tuesday, May 7

Senior Job Fair - Wednesday, May 8

More information coming soon!



If you are a grandparent or other relative caring for your grandchildren, nieces, nephews or other related children, you may be considered a "grandfamily". Undertaking the full-time responsibility for raising a

grandchild or other relative causes major changes in one's life.

Grandparents as Parents is a program of the CAC Office on Aging that offers support to grandfamilies. The program is free and there are no age or income requirements. Give Tracy Van de Vate or Anne Stokes a call at 865-524-2786 to enroll today.

Grandfamilies Together Support Group Meeting

Meetings are in-person at the Ross Building, 2247 Western Ave.
10:00 am - 12:00 pm. *Refreshments served.*

Tuesday, January 23, 2024

Guest: Don Lorenzo

Program: "Buy Now, Pay Later"

Tuesday, February 27, 2024

Guest: Sue White

Program "Financial Wellbeing"

Grandfamilies Together Conference Call Meetings

Tuesday, January 9, 2024

10:00 am

Guest: Terry Reed

Program: "Tax Time in TN"

Tuesday, February 13, 2024

10:00 am

Guest Milinda Sidwell

Program: "TN Voices"

To join the call, dial (978) 990-5482

Toll Free: (844) 855-4444

Use the Access Code: 1460466#

SENIOR CENTER OUTREACH

Stop by and get answers to your questions from staff at Senior Information and Referral!

JANUARY OUTREACH SCHEDULE

- January 3 - Karns Senior Center, 10:00 am - 12:00 pm
- January 4 - South Senior Center, 9:00 am - 11:00 pm
- January 8 - West Senior Center, 9:00 am - 11:00 am
- January 9 - Corryton Senior Center, 10:30 am - 12:30 pm
- January 16 - O'Connor Senior Center, 10:00 am - 12:00 pm
- January 22 - Halls Senior Center, 10:00 am - 12:00 pm
- January 31 - Carter Senior Center, 10:30 am - 12:30 pm

FEBRUARY OUTREACH SCHEDULE

- February 1 - South Senior Center, 9 am - 11:00 am
- February 12 - West Senior Center, 9 am - 11:00 am
- February 13 - Karns Senior Center, 10:30 am - 12:30 pm
- February 13 - Corryton Senior Center, 10:30 am - 12:30 pm
- February 20 - O'Connor Senior Center, 10:30 am - 12:30 pm
- February 26 - Halls Senior Center, 10:00 am - 12:00 pm
- February 28 - Carter Senior Center, 10:30 am - 12:30 pm

Call Senior Information & Referral at 865-546-6262

The SIR office is located in the Ross Building at 2247 Western Avenue in Knoxville.

Bridging the Digital Gap: Tech Smart Knox Seniors Honored with Aging Innovation Award

The CAC Office on Aging recently garnered acclaim at the TFA Conference in Gatlinburg, TN, where they proudly accepted the East TN Aging Innovation Award for their groundbreaking program, Tech Smart Knox Seniors.

This visionary initiative, funded by a generous grant from the West End Home Foundation, has made significant strides in bridging the digital divide among older adults in Knox County. Tech Smart Knox Seniors focuses on empowering seniors through comprehensive digital training, providing them with essential tools, and ensuring they have the necessary support to navigate the online world.

To date, the program has successfully trained and equipped 550 older adults with 15 hours of digital literacy training. The participants not only gain crucial digital skills but also receive their very own affordable laptop, facilitating their continued engagement with technology. Recognizing the importance of connectivity, Tech Smart Knox Seniors goes a step further by offering in-home internet counseling, ensuring that seniors can confidently and securely access online resources from the comfort of their homes.

Classes are facilitated by dedicated and trained volunteers, enhancing the learning experience for participants. An invaluable partnership with Tech Goes Home TN has played a pivotal role in the program's success, ensuring seniors receive top-notch training and support.

The Aging Innovation Award is a testament to the impactful work carried out by the CAC Office on Aging. The recognition was accepted by the dedicated team behind Tech Smart Knox Seniors: Office on

Aging Director, Dottie Lyvers, Associate Director of Volunteer Management, Deisha Finley, and Digital Literacy Coordinator, Dylan Scott. This recognition highlights the program's commitment to enhancing the lives of older adults by embracing innovative solutions and fostering inclusivity in the rapidly evolving digital landscape.

Through initiatives like Tech Smart Knox Seniors, communities are not only addressing the immediate challenges posed by the digital divide but are also paving the way for a more connected and empowered aging population. The Aging Innovation Award serves as both acknowledgment and inspiration, propelling organizations like the CAC Office on Aging to continue their transformative work in the service of seniors.



[L to R] Tech Goes Home TN Partnership Specialist, Casey Miller, Associate Director of Volunteer Management, Deisha Finley, Office on Aging Director, Dottie Lyvers, and Digital Literacy Coordinator, Dylan Scott

The Council on Aging presents

MEDICARE 101

with Jason Percy, Senior Financial Group
Thursday, January 11
2:30 pm at O'Connor Senior Center, 611 Winona St.



Medicare is the national health insurance program to which all Social Security recipients who are either over 65 years of age or permanently disabled are eligible. Medicare offers different options for you to get health care coverage. Join Jason Percy of Senior Financial Group to learn the basics and find out how Medicare works. Come with questions, leave with answers.

Jason Percy is a Medicare Consultant/Insurance Producer at Senior Financial Group. Jason has worked in the insurance industry since 2015, but has worked in service-based industries for his entire career. He specializes in identifying and providing for the insurance needs of individuals and families in every age bracket.

THIS PROGRAM IS FREE AND OPEN TO THE PUBLIC.

SAVINGS CHECK UP CAN HELP YOU FIND ALL OF THE BENEFITS YOU QUALIFY FOR

Savings Check Up is a free service that can help Medicare beneficiaries find all of the benefits for which they qualify.

Get help with:

- Food
- Taxes
- Utilities
- Application assistance
- Transportation
- Other referrals and more!

January 4 - South Senior Center, 9:00 am - 11:00 am
January 9 - Corryton Senior Center, 10:30 am - 12:30 pm
January 31 - Carter Senior Center, 10:30 am - 12:30 pm
February 1 - South Senior Center, 9:00 am - 11:00 am
February 13 - Corryton Senior Center, 10:30 am - 12:30 pm
February 28 - Carter Senior Center 10:30 am - 12:30 pm



FOR MORE INFORMATION,
CALL (865) 524-2786
MONDAY - FRIDAY, 8:00 AM - 4:45 PM

Savings Check Up is a service of the CAC Office on Aging.

FEED-A-PET RECEIVES NEW PET FOOD SUPPLY SHED

On December 7th, CAC board members and Office on Aging staff held a ribbon cutting ceremony dedicating the Feed-A-Pet program's new pet food supply shed, generously donated and constructed in a partnership with Backyard Products and Lowe's Home Improvement store #637, N. Knoxville, Clinton Hwy. Monica Brown, Feed-A-Pet program manager said, "We have needed this space for a long time and we are ever grateful and thrilled to finally have this need met by our wonderful community supporters."



CAC Board Members, Office on Aging staff, and Nick Shelton with Lowe's Home Improvement, cut the ribbon on the new Feed-A-Pet Food Supply Shed.

COMMODITIES DISTRIBUTION

- What are commodities?**
Commodities are a shelf-stable food program with food resources provided by USDA. Each household will receive two bags of food.
- Who is eligible to receive food items?**
Any low-income Knox County resident providing proof of residency with name and address (ID card, KUB bill, etc.) upon pick-up. One distribution per household.
- How do I sign up?**
No sign-up necessary. Just go to the pick-up location with your proof of Knox County residency and self-declaration of income will be required.
- | | | |
|---|---|--|
| SOUTH NEIGHBORHOOD CENTER
522 Maryville Pike
Monday, Jan. 8
11:00 am - 1:00 pm | O'CONNOR SENIOR CENTER
611 Winona St.
Monday, Jan. 8
2:00 pm - 4:00 pm | MOBILE MEALS KITCHEN/ MALCOLM MARTIN PARK
1747 Reynolds St.
Tuesday, Jan. 9
3:00 pm - 5:00 pm |
|---|---|--|

Commodities Distribution is a program of CAC Nutrition Services.

O'CONNOR CENTER'S JANUARY & FEBRUARY SCHEDULES



O'CONNOR SENIOR CENTER
Add life to your years

Classes 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 Monday, January 1, for New Year's Day, Monday, January 15, for Martin Luther King, Jr. Day, and Monday, February 19, for Presidents' 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.

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 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. Support Group led by Pat Green, Group Leader/Social Worker and Bereavement Counselor. Newcomers are welcome to this informal time of sharing which always ends on a positive note. Call ahead for information.

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

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

Tai Chi for Arthritis: Mondays at 10:00 am. Improve balance, reduce stress and obtain arthritis pain relief through slow, gentle movement.

Qigong: Wednesdays at 10:00 am. Integrate physical postures and breathing techniques, along with focused attention, to improve health, healing and increase flexibility and balance.

Thursday Walkers: This group 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. January 3, 10, and 24; February 7 and 28.

AARP Safe Driving Course: Presented by AARP. Refresh your driving skills, learn techniques for handling left turns, right-of-way, and roundabouts, and discover methods to help keep you and loved ones safe on the road. \$20 AARP Members / \$25 non-members. January 17 & January 18, 10:00 am - 2:30 pm. Call 865-689-5511. Leave name and number.

Artist and Crafter's Window: January 10, 11:30 am. 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.

Billiards: Come and play a friendly game of

billiards. Bring a friend to shoot some pool anytime the center is open!

Bingo: Enjoy this friendly game on Mondays at 1:00 pm.

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

Commodities Distribution: Monday, January 8, 2:00-4:00 pm. Commodities are a shelf stable food program with food resources provided by the USDA. Each household will receive 2 bags of food. Open to 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. Self-declaration of income will be required.

Concert Band: Wednesdays at 10:00 am. Pick up and dust off 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: "Someone" needs to write our Family History. We are still searching for "Someone". Only you can write "Your Family" history. It starts at the meeting of pencil upon paper. Creative Writers can provide the tools for your endeavor. You will practice: 1) writing about a specific subject, 2) scheduling


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JANUARY 2024 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 CENTER CLOSED	10:00 Intermediate French 11:00 Intermediate Italian 11:00 Advanced Arthritis Exercise 12:30 Cards & Games 1:30 Intro to Line Dancing 2:30 Beginner Ballroom Dancing	9:00 Toenail Clinic 10:00 Greenhouse Open 11:00 Mahjong 1:00 Genealogy	9:00 Knitting & Crocheting 10:00 Thursday Walkers 11:00 Advanced Arthritis Exercise 11:00 Beginner German 12:30 Cards & Games	8:30 Ping Pong 11:00 Beginner Violin 12:30 Jam Band 1:00 Fun Film Friday 1:00 Ballroom Dance
9:30 Creative Writers 10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi 11:00 Watercolor 12:30 Beginner Sewing 1:00 BINGO 2:00-4:00 Commodities Distribution	10:00 Intermediate French 11:00 Intermediate Italian 11:00 Advanced Arthritis Exercise 12:30 Cards & Games 1:30 Intro to Line Dancing 2:30 Beyond Ballroom Dancing	9:00 Toenail Clinic 10:00 Greenhouse Open 10:00 Qigong 10:00 Morning Painting 11:00 Mahjong 11:30 Artist & Crafter's Window 1:00 Afternoon Painting	9:00 Knitting & Crocheting 10:00 Thursday Walkers 11:00 Advanced Arthritis Exercise 11:00 Beginner German 12:30 Cards & Games 2:30 Council on Aging	8:30 Ping Pong 11:00 Beginner Violin 12:30 Jam Band 1:00 Fun Film Friday
 CENTER CLOSED	10:00 Intermediate French 10:00 African Violets Workshop 11:00 Intermediate Italian 11:00 Advanced Arthritis Exercise 12:30 Cards & Games 1:30 Intro to Line Dancing 2:30 Beginner Ballroom Dancing	10:00 Greenhouse Open 10:00 Intermediate Quilting 10:00 AARP Safe Driving Class 10:00 Qigong 10:00 Morning Painting 11:00 Mahjong 1:00 Genealogy 1:00 Afternoon Painting	9:00 Knitting & Crocheting 10:00 AARP Safe Driving Class 10:00 Thursday Walkers 11:00 Advanced Arthritis Exercise 11:00 Beginner German 12:30 Cards & Games	8:30 Ping Pong 11:00 Beginner Violin 12:30 Jam Band 1:00 Fun Film Friday
9:30 Creative Writers 10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi 11:30 Lunch & Learn: Tai Chi & Qigong 1:00 BINGO	10:00 Intermediate French 11:00 Intermediate Italian 11:00 Advanced Arthritis Exercise 12:30 Cards & Games 1:30 Intro to Line Dancing 2:30 Beyond Ballroom Dancing	9:00 Toenail Clinic 10:00 Greenhouse Open 10:00 Beginner Quilting 10:00 Qigong 10:00 Morning Painting 11:00 Mahjong 1:00 Afternoon Painting	9:00 Knitting & Crocheting 10:00 Thursday Walkers 11:00 Advanced Arthritis Exercise 11:00 Beginner German 12:30 Cards & Games	8:30 Ping Pong 11:00 Beginner Violin 12:30 Jam Band 1:00 Fun Film Friday
10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi 11:00 Watercolor 11:30 Lunch & Learn: Aging with Independence 1:00 BINGO	10:00 Intermediate French 11:00 Intermediate Italian 11:00 Advanced Arthritis Exercise 12:30 Cards & Games 1:30 Intro to Line Dancing 2:30 Open Ballroom Dancing	10:00 Greenhouse Open 10:00 Open Quilting 10:00 Qigong 10:00 Morning Painting 11:00 Mahjong 1:00 Genealogy 1:00 Afternoon Painting		 11 am - 1 pm

RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 Billiards Room Open 10:30 Blood Pressure Checks 11:00 Loss & Life Changes 1:30 Intermediate Line Dancing	8:30 Billiards Room Open 10:00 Basic Arthritis Exercise 10:00 Tai Chi Set Practice 10:30 Blood Pressure Checks 11:30 Painting Open Studio TECH TUTORING BY APPT.	8:30 Billiards Room Open 10:00 Concert Band 10:30 Blood Pressure Checks 10:30 Beginner Spanish 11:00 Jazz Band 12:30 Texas Hold 'Em 1:30 Beginner Line Dancing TECH TUTORING BY APPT.	8:30 Billiards Room Open 8:30 Blood Glucose Checks 10:00 Basic Arthritis Exercise 10:00 Tai Chi Set Practice 10:30 Blood Pressure Checks TECH TUTORING BY APPT.	8:30 Billiards Room Open 10:00 Wood Carvers 10:30 Blood Pressure Checks 11:00 Advanced Spanish

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 DINE-A-MITE Diner 11 am - 1 pm	TaxAide by AARP. Wednesdays beginning in February. Make appointments online www.volsintax.com or call 865-229-4429.		¹ 9:00 Knitting & Crocheting 10:00 Thursday Walkers 11:00 Advanced Arthritis Exercise 11:00 Beginner German 12:30 Cards & Games	² 8:30 Ping Pong 11:00 Beginner Violin 12:30 Jam Band 1:00 Fun Film Friday
⁵ 9:30 Sewing 10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi 11:30 Lunch & Learn: Tax Issues 12:30 Sewing 1:00 BINGO	⁶ 9:30 Singing Seniors 10:00 Intermediate French 11:00 Intermediate Italian 11:00 Advanced Arthritis Exercise 12:30 Cards & Games 1:30 Intro to Line Dancing 2:30 Beginner Ballroom Dancing	⁷ 9:00 Beginner Quilting 9:00 Toenail Clinic 10:00 Greenhouse Open 10:00 Morning Painting 10:00 Qigong 11:00 Mahjong 1:00 Intermediate Quilting 1:00 Afternoon Painting	⁸ 9:00 Knitting & Crocheting 10:00 Thursday Walkers 11:00 Advanced Arthritis Exercise 11:00 Beginner German 12:30 Cards & Games 2:30 Council on Aging	⁹ 8:30 Ping Pong 11:00 Beginner Violin 12:30 Jam Band 1:00 Fun Film Friday 1:00 Ballroom Dance
¹² 9:30 Creative Writers 9:30 Sewing 10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi 11:00 Watercolor 12:30 Sewing 1:00 BINGO	¹³ 9:30 Singing Seniors 10:00 Intermediate French 11:00 Intermediate Italian 11:00 Advanced Arthritis Exercise 12:30 Cards & Games 1:30 Intro to Line Dancing 2:30 Beyond Ballroom Dancing	¹⁴ 9:00 Beginner Quilting 10:00 Greenhouse Open 10:00 Qigong 10:00 Morning Painting 11:00 Mahjong 1:00 Intermediate Quilting 1:00 Genealogy 1:00 Afternoon Painting	¹⁵ 9:00 Knitting & Crocheting 10:00 Thursday Walkers 11:00 Advanced Arthritis Exercise 11:00 Beginner German 12:30 Cards & Games	¹⁶ 8:30 Ping Pong 12:30 Jam Band 1:00 Fun Film Friday
 ¹⁹ CENTER CLOSED	²⁰ 9:30 Singing Seniors 10:00 Intermediate French 11:00 Intermediate Italian 11:00 Advanced Arthritis Exercise 12:30 Cards & Games 1:30 Intro to Line Dancing 2:30 Beginner Ballroom Dancing	²¹ 9:00 Beginner Quilting 10:00 Greenhouse Open 10:00 Qigong 10:00 Morning Painting 11:00 Mahjong 1:00 Intermediate Quilting 1:00 Afternoon Painting	²² 9:00 Knitting & Crocheting 10:00 Thursday Walkers 11:00 Advanced Arthritis Exercise 11:00 Beginner German 12:30 Cards & Games	²³ 8:30 Ping Pong 12:30 Jam Band 1:00 Fun Film Friday
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CONTINUED FROM PAGE 5

time to write, 3) developing a draft, 4) improving by rewriting, and 5) presenting skills to fellow writers. Meets 2nd and 4th Monday. Classes for aspiring and experienced writers. There is a story in all of us! Call for more information. Interested in leading a group of like-minded individuals? Volunteer needed to be the Creative Writers Workshop Facilitator. Call (865) 523-1135 for more information.

Dance:

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

Ballroom Dances: Monthly Ballroom Dances on selected Friday afternoons from 1:00 pm -3:00 pm. Live Bands providing wonderful music include:

January 5 – Ed Niedends Band
February 9 – Nigel Bolton Band
March 8 – Russell Ramsey Band

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

Beginner Line Dance: Wednesdays. No experience necessary. \$2/class

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

Dine-a-Mite Diner: Stop by for a lunch-time meal, 11:00 am-1:00 pm.

Fun Film Friday: Enjoy a weekly movie every Friday at 1:00 pm. 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.

German: Thursdays. 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 German vocabulary!

Greenhouse: Open Monday and Wednesday, 10:00 am-12:00 pm. Bring your troubled houseplants for hands on care, repotting

assistance, and general growing advice. You may also visit and help in the greenhouse for a day. We take plant donations and have houseplants for sale.

Italian (Intermediate): Tuesdays. 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 Italian vocabulary!

Jam Band: Fridays at 12:30 pm. Any type of musician or genre is welcome to play or just hangout and listen with this chill and eclectic group!

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

Knitting & Crocheting: Thursdays at 9:00 am. Meet new friends and enjoy crocheting in this low-key social group. 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. 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. Donations must be hardback and are accepted during business hours.

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

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

Ping Pong: Fridays at 8:30 am. 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.

TaxAide by AARP. Wednesdays at O’Connor beginning in February. Make appointments online www.volsintax.com or call for appointments 865-229-4429. The website and phone line will be available the last week in January.

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

Texas Hold ‘Em: Wednesdays at 12:30 pm. Enjoy fellowship and competition with experienced and inexperienced card players. Newcomers welcome!

Beginner Violin: Learn to play the violin! Violin needed, but no skill is required. Call 865-523-1135 to sign up or for more information.

Watercolor: Learn the basics of colors, technique, and discover your inner artist. Call 865-523-1135 for more information

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



Lunch & Learn

FEED YOUR BODY & MIND

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 at least once a month to talk on topics that are pertinent to you. Call ahead to register. Diner lunch is provided and donations are appreciated. Programs begin at 11:30 am.

January 22: Promote Your Health & Well-Being

Tai Chi & Qigong are two health promoting routines that involve slow, gentle movements, deep breathing and meditation. Jim Malia, certified instructor, will share how these routines will improve your flexibility, balance, increase energy, and decrease stress and depression.

January 29: Aging with Independence

Alaina Marino, PT, from Marino Physiotherapy, will teach this informative presentation! She will talk about the “8 Better B’s: Balance, Breathing, Bones, Bites, Bladder, Butt, Brain & Boogie” for aging independently.

February 5: Tax Issues Impacting Seniors

Paula Trujillo, Outreach Advocate from the Legal Aid Society, will share information about the different tax credits, updates on Social Security Benefits related to taxes, and updates on current tax issues applicable to senior taxpayers. She will also discuss how to avoid becoming victims of tax scams.

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 from September through November 2023.

MOBILE MEALS

Anonymous (60)
Barbara Abner
Diana Amann
Glen T. Anderson
Bob Andres
Melissa A. Ashburn
Jeffrey Austin
Martin Baker
Midori Barstow
Poppy & Cliff Beach
Beaver Creek Cumberland
Presbyterian Church
Connie & John Begovich
Ivan Beltz
M. P. Borden
Laura Brake
Melissa Brenneman
Ken & Kaye Brock
Joyce Brown
John & Sabra Buchheit
T. Gaile Caudle
Christian Women's Fellowship of
Knoxville
Colonial Heights United Methodist
Church
James C. Conklin
Gary Cooper
James & Brooksie Cox
Corine Crawford
Laura Davis
Lee Doane
Peggy Duffy
Joni Dunn
Harold Elkins
First Farragut United Methodist
Church
Rita Ford
Laurie Ann Gibson
Charles Glasscock
Dawna Gray
Anna M. Haese
Hard Knox Roller Derby
Ann Hansen
Randall F. Hartwig
Sherry Hawk
Richard Helsel
David & Mary Jo Holden
Paul Houston
John Hoover
Robert J. Hydzik
David & Janice Ishee
Angel Jones
Vivian Keel
John King
Lake Hills Presbyterian Church
Diana Lee Loper
Pam Lovell
Debbie Lowe
Gail Ludlow
Jim & Randy MacDonald
The Mattner Family
Lois McGinnis
Sandra McLeod
Messiah Evangelical Lutheran Church
Dorothy Millner
Joe and Charlene Mischlich
Karen E. Mitchell
Brent Moore
Brent & Judy Moore
Katelyn Mull
Old North Knoxville, Inc.
ORNL Federal Credit Union
James Owen
Dawson Edward Patty
Ann Payne
Deborah Perry
Carl & Mary Porter
Barbara Puster
Norman L. Queener
Douglas & Jeanette Ramey
LaVon & Darlene Rickard
Don Roberts
Terry Eaton Rowland
Buddy & Janine Ryan
Jacqlyn Schmitt
Andrew & Tracy Scruggs
Jim & Ann Shay
Ronald & Virginia Shrieves
John & Elizabeth Smith
Smithwood Baptist Church
Cara Sparks
Amy Stuber
Brad & Starr Suneson
Starr E. Suneson

Linda Sutton
Laura Tappan
Jennifer K. Taylor
Frances Thompson
UT Battelle
Rosemary Vandergriff
Susanne White
Kaye Williams
Susan Wilson
Sylvia Woods

MOBILE MEALS IN HONOR

In Honor of Rebecca Harmon
By Anonymous
In Honor of Angie Sewell
By Anonymous
In Honor of Dr. Fazal & Tally Ahmad
By Shazi Ahmad
In Honor of Bob O' Connor
By Kathryn Ganier
In Honor of Teresa & Robert Levey
By Ann Giffin
In Honor of June Trbovich
By Anna Haese
In Honor of Chas Lindstrom
By David Harshman
In Honor of Dr. & Mrs. Michael Lofaro
By Thomas Heffernan & Judith Jennings
In Honor of Anna Pritchard
By James Lawson
In Honor of Eula G. Baker
By Douglas McNeil
In Honor of Piccola Doggett
By Heather L. Peters
In Honor of my brother Steve
By Shirley Pietrucha
In Honor of Carol Christofferson
By Deborah Raines

MOBILE MEALS IN MEMORY

In Memory of Nancy Bohannon
By Michele Dion
In Memory of Barbara Jean Burgin
By Anonymous
In Memory of Barbara J. Burgin
By Chad Venable
In Memory of Clarence Buchheit
By Colin D. Booth

In Memory of Kim Conroy
By Anonymous (5)
In Memory of Kimberly Conroy
By Jeffrey Abrams
In Memory of Kimberly Conroy
By Dave & Tess Annand
In Memory of Kimberly Conroy
By Allen & Cindi Bavry, Darrell &
Micky Taylor, Dave Wilson
In Memory of Kimberly Conroy
By Jeffrey Broussard
In Memory of Kimberly Conroy
By Naomi Heiskell
In Memory of Kimberly Conroy
By Ginny Kelly
In Memory of Kimberly Conroy
By Jean Kernus
In Memory of Kimberly Conroy
By Sarah McNamara
In Memory of Kimberly Conroy
By Nancy & Chip O'Leary
In Memory of Kimberly Conroy
By Jennifer Ross
In Memory of Kimberly Conroy
By Morgan & Kristi Thomas
In Memory of Kimberly Conroy
By Jane Winstead
In Memory of Kimberly Stage Conroy
By Donald & Dian Woodruff, Christer
& Nicole Saarikko
In Memory of Marvin & Sybil Cooper
By John M. Cooper
In Memory of Dorothy Frost
By Catherine Cooper
In Memory of James Harris
By Terri Wilson
In Memory of Dan Hart
By Robert & Marketta Smiddy
In Memory of Dawn Matias
By Kim Garber
In Memory of Ann Payne
By Helen Grandone
In Memory of Ann Campbell Payne
By James A. Haslam III
In Memory of Joy B. Ridgeway
By Nathan A. Ridgeway

In Memory of Kenneth Crowell Roberts
By Anonymous (2)
In Memory of Pace Robinson
By Anonymous (4)
In Memory of Pace Robinson
By Nolan Aiken
In Memory of Pace Robinson
By Scott B. Hahn
In Memory of Sherrill Pace Robinson
By Shayna Pollock
In Memory of Pace Robinson
By Connie & John Tatgenhorst
In Memory of Pace Robinson
By Jenna Weinberg
In Memory of Pace Robinson
By Dale & Kimberly Widmer

In Memory of Thomas "Tank" Strickland Jr.
By Dr. Reuben & Barbara Pelot
In Memory of Judy Weir
By Chuck Chapa
In Memory of Judy Weir
By Grassy Valley Baptist Church
In Memory of Judy Weir
By William & Pamela Weir

NUTRITION SERVICES - CONGREGATE MEALS
In Honor of Caroline Wilder
By Aaron & Gabrielle Blake

HELPING PEOPLE, CHANGING LIVES:
OOA STAFF RECOGNIZED FOR THEIR SERVICE



Congratulations to two Office on Aging staff members who were recognized for their service to older adults by the Mid East Area Council Tennessee Society of Health Care Social Workers.

Deisha Finley (left), Associate Director for Volunteer Management and Special Projects, received the **2023 Social Worker of the Year Award**.

Angela Bartlett (right), Senior Manager of Community Engagement and Capacity Building, received the **Penny Bandy Legacy Award**.

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 from September through November 2023.

DAILY LIVING CENTER

Monica Franklin
Andrew & Tracy Scruggs

GRANDPARENTS AS PARENTS

Susan Beckham
Knoxville Bar Foundation

GIFT OF SIGHT, HEARING, & DENTURES

Andrew & Tracy Scruggs

O'CONNOR SENIOR CENTER

Anonymous (1)
The Melrose Foundation Inc
David O'Connor
Andrew & Tracy Scruggs

AGING SERVICES

Anonymous (4)
Rose Burgett
East Tennessee Foundation
Matt Foster
Nancy James
John Murphy
Laura Potts
In Memory of Ben Roberts
By Keely Hoekstra

KNOX PAWS & FEED-A-PET

Anonymous (3)
Sara Andersen
Melissa A. Ashburn
Amanda Atkins
Laurie Ballard
Beatrice Bateman
Glen Cavin
Connie Dolvin
Sheri L. Doublerly
Monica Franklin
Marie Groves
Carol P. Harold
David F. Holden
Paul Houston
Debra Jackson
Cherie Kimmons
Peter & Fawn Landrum
Kathleen Mahoney
The Mattner Family
Cindy McIlvaine
Elaine D. Noon
Lisa Ogle
Stephen Oliver
Robert Paroski
Jill Patterson
Debra Petree
Shannon Raby

Kelly Schlitz
Michael Sizemore
Kevin & Linda Staton
Lauren Sterritt
Anna Williams
Jonathan & Mary Woody
Mary M. H. Woody
In Honor of Connie Healy
By Michael and Nancy Lofaro
In Honor of Ellen & Nora Robinson, and Monica of Knox PAWS
By Sarah Robinson
In Honor of Terrie Sternberg
By Margaret Smalley
In Honor of Stephanie Morris
By Linda Staton
In Memory of my cat Juno
By Patricia Adkinson
In Memory of Doris Ann Wise
By Karen Alley
In Memory of Copper Teubert
By Sara, Shannon, Amanda, Adrienne, & Cloyey Andersen
In Memory of Madalynne Doyle
By Cathy DuPre
In Memory of Gypsy
By Lisa King
In Memory of Kim Conroy
By Sarah Beth King
In Memory of Dale Dickey
By Laura Parkhill
In Memory of Frankie, a beloved cat
By Linda Smith-Staton
In Memory of Richard Kelly
By Anonymous (3)
In Memory of Richard Michael Kelly
By Buzz Buswell
In Memory of Richard M. Kelly
By Don Cox
In Memory of Richard Kelly
By Maryanne Cunningham
In Memory of Richard Kelly
By Dave & Wendi Krishock
In Memory of Richard Kelly
By Kathy Rader
In Memory of Richard Michael Kelly
By Jason R. Scott

SENIOR COMPANION PROGRAM

Monica Franklin
In Honor of Caroline Wilder
By Aaron & Gabrielle Blake
In Memory of Gail Brosnahan (our Aunt)
By Family of Gail Brosnahan

WHAT WILL YOUR LEGACY BE?

Planned giving is a way to give back to a community that you love and care about and that has loved and cared about you. It has little to do with financial or material riches and more to do with where your heart is. Although planned giving may involve financial or estate planning, it is not only for the wealthy. No gift is too small!

What are the benefits of planned giving?

Planned giving offers you the potential for significant income and estate tax savings. Planned giving is one of the most meaningful and effective ways to invest in the future of the Office on Aging programs that serve seniors in Knox County.

What are some examples of planned gifts?

Bequests

You can name the Office on Aging or one of its programs as a beneficiary in your will. Your bequest might be an outright gift of cash, a percentage of your estate, mutual funds, publicly traded and closely-held stocks, real estate or personal property. The advantages of leaving a gift to the Office on Aging in your will are that it allows you to make a contribution without sacrificing spendable income during your lifetime, and it shelters your estate from taxes.

Gifts of Life Insurance

The Office on Aging can be named as a beneficiary or owner of a life insurance policy. Making a gift of life insurance enables you to arrange a future gift to the Office on Aging without financial impact during your lifetime. Charitable tax deductions may also apply to these gifts.

Gifts of Property

Through a "life estate gift," you can donate your house, condominium, or other real property to the Office on Aging now, but continue to use it through your lifetime. If you wish, you can also provide for your spouse to continue to use it throughout his or her lifetime. When you and/or your spouse can no longer use the property, the Office on Aging inherits it.

Gifts of Retirement Funds

In addition to sheltering your estate from taxes, there is an income tax advantage to naming the Office on Aging as the beneficiary of your retirement funds. Since it is a tax-exempt organization, it receives 100% of such funds free of income tax.

How can we help?

If you have already named the Office on Aging in your will, please consider sharing this with us so we may appropriately acknowledge your generosity. If you wish, we can also discuss ways in which your gift could be applied to meet our needs. We are available to help you and your professional advisor formulate a charitable giving plan to achieve maximum tax savings from your gift.

For more information, call Dottie Lyvers at 865-524-2786 or email knox00a@knoxseniors.org.

RSVP STATION SPOTLIGHT

Drivers Needed!

Do you want to give back and help your fellow neighbor?
Are you interested in making a lasting impact in people's lives?
Do you have an excellent driving record?

Volunteer Assisted Transportation is a volunteer-driven program that helps others. In this unique, flexible program, volunteers donate their time to transport and assist seniors and people with disabilities who need assistance to travel safely! Volunteers create their own schedule by deciding how often they want to drive, and they use CAC vehicles, so you do not have to worry about putting miles on your car.

If you are interested in volunteering as a driver, please complete an application at www.knoxseniors.org/vat/. Together, we can help our seniors and people with disabilities thrive daily.



You can reach VAT at:
865-673-5001
vat@cactrans.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
knox00a@knoxseniors.org • www.knoxseniors.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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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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The Council on Aging presents Palliative Care vs. Hospice Care: What's the Difference?

with Erin Kipp, DO, Palliative Care Medical Director, Covenant Health

Thursday, February 8
2:30 pm
O'Connor Senior Center, 611 Winona St.

Many Americans die in facilities such as hospitals or nursing homes receiving care that is not consistent with their wishes. It's important for older adults to plan ahead and let their caregivers, doctors, or family members know your end-of-life preferences in advance. Palliative care and hospice care are often confused with one another. Both have the goal to relieve symptoms and improve the quality of life for people with chronic medical conditions. Join us as Dr. Erin Kipp explains the differences between palliative care and hospice care, what that care includes, and who qualifies for it.

Dr. Erin Kipp was raised in the small town of Bullard, TX. She obtained her undergraduate degree from Louisiana Tech University, where she played Division I women's softball for 4 years. She graduated with a degree in biology and a minor in chemistry, then attended medical school at DeBusk College of Osteopathic Medicine in Harrogate, TN. She then moved back to East Texas to complete her family medicine residency at the University of Texas Health Science Center at Tyler. While in residency, she developed a strong passion for hospice and palliative care and elected to pursue a fellowship in this field. She then moved to West Texas to complete a fellowship in Hospice and Palliative Care at Texas Tech University in Lubbock. After completing her medical training in Texas, she returned to East Tennessee to begin her current position as Palliative Care Medical Director for Covenant Health – though she does help with Covenant Hospice as well.

This program is free and open to the public!