

ELDER NEWS

JULY/AUGUST 2023

VIEWS

OFFICE ON AGING
KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

POWER OF THE PURSE® RETURNS THIS FALL

..... *Donate a Purse. Feed a Senior.*

Mobile Meals is excited to announce the grand return of their signature fundraiser, The Power of the Purse®, which raises over \$60,000 to provide meals and safety checks for homebound seniors in Knox County.

Since the last in-person Power of the Purse® event took place in 2019, the need for Mobile Meals in Knox County has rapidly increased and remained high. In 2019, Mobile Meals was serving an average of 925 homebound seniors a day. Now, they are serving more than 1,100 older adults. In addition, increased costs of food and transportation mean that they will need to rely on the community more than ever to continue meeting the local need without a waiting list. Every dollar raised through the Power of the Purse® will go directly towards meals and safety checks for vulnerable seniors in our community.

This event will take place on September 14 at the Rothchild Catering and Conference Center, featuring a purse and jewelry sale, amazing auction items, and delicious food and drinks. Tickets go on sale starting July 10. To learn more about Power of the Purse®, visit knoxseniors.org/PowerOfThePurse2023 or follow Mobile Meals on Facebook @KnoxCounty MobileMeals.

Thank you to our sponsors



Power of the Purse®
Thursday, September 14

Doors open at 4:45 pm.

Purse Madness begins at 6 pm.

Rothchild Conference Center, 8807 Kingston Pike

TICKETS GO ON SALE
JULY 10 AT [KNOXSENIORS.ORG](https://knoxseniors.org)

DONATIONS NEEDED

New or like-new purses

Drop off purse donations at these locations during regular business hours:

- CAC Office on Aging, 2247 Western Ave.
- Chico's Turkey Creek, 11321 Parkside Dr.
- Palm Village, 4485 Kingston Pike
- Mac's Pharmacy, 125 S. Peters Rd.
- Redbud Kitchen, 906 Sevier Ave.
- Lulu's Tea Room, 3703 W. Beaver Creek Dr.

Please do not donate purses that are badly stained or have holes, rips, or tears.

Jewelry

Drop off jewelry donations at:

- East Tennessee Personal Care, 1225 Weisgarber Rd., Suite S290

Reach out to sara.keel@cacnutrition.org with any questions about the Power of the Purse® fundraiser or call (865)524-2786.



2023-2025 SENIOR SERVICE DIRECTORY IS NOW AVAILABLE!

The CAC Office on Aging is pleased to announce the publication of the 2023-2025 Senior Service Directory.

Now, more than ever, the need for information on resources available to older adults in Knox County is critical. The Senior Service Directory provides all of the information you need right at your fingertips.

Be sure to pick up your copy at the Office on Aging, O'Connor Senior Center, Knox County Libraries, and sponsor's offices! If you need multiple copies, we have boxes of directories available for you to share with your friends, family, and neighbors.

GRANDPARENTS AS PARENTS

TennCare Renewals have begun! Don't risk a gap in your healthcare coverage.

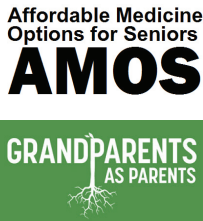
Coverage means TennCare, Coverkids, Medicare Savings Plan, or the Katie Beckett program. There are steps you can take to prepare for renewals:

- 1. Create a free, online TennCare Connect account. To manage your contact information, see renewal updates and view benefits.
- 2. Verify your contact information and find your renewal date. Find your renewal date online from your TennCare Connect account or by calling 855-259-0701. Go to tenncareconnect.tn.gov.
- 3. Open and respond to all mail from TennCare.

The CAC Office on Aging is hosting open computer labs at the O'Connor Center to help anyone with the TennCare renewals process. Staff from the AMOS program and the Grandparents as Parents program will be available to assist you with creating or accessing your TennCare Connect account, submitting documents online, filing an appeal and more. The open computer lab dates are below. If you have questions or need to schedule an appointment, call the Office on Aging at 865-524-2786 and ask for the AMOS program or the Grandparents as Parents program.

TennCare Connect Open Computer Labs

O'Connor Center 611 Winona Street	
July 19, 10 am - 12 pm	October 17, 12 pm - 2 pm
August 17, 12 pm - 2 pm	November 7, 12 pm - 2 pm
September 19, 10 am - 12 pm	December 13, 10 am - 12 pm



JOIN GRANDPARENTS AS PARENTS

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

Grandfamilies Together Conference Call

GAP is hosting a monthly Grandfamilies Together Conference Call on the 2nd Tuesday. Please join us on **July 11** and **August 8**. There will be special guest speakers on every call. Call Grandparents as Parents for more information at 865-524-2786.
2nd Tuesday of the month from 10:00 am-10:30 am
Call-in number: 1-978-990-5482
or toll-free: 1-844-855-4444
Access Code: 1460466#

FEED-A-PET NEEDS PET FOOD

Knox PAWS has an ongoing need for dry pet food for our Feed-A-Pet clients' pets.

DOG FOOD ACCEPTED:

- 8 lb. bag Purina One Smartblend Small Bites
- 4 lb. bag Pedigree Small Bites
- 4 lb. bag Kibbles and Bits Small Bites
- 4 lb. bag Beneful Small Bites

CAT FOOD ACCEPTED:

- 3.15 lb. bag Kit & Kaboodle
- 3.15 lb. bag Meow Mix
- 3.15 lb. bag Purina Cat Chow
- 3.15 lb. bag Friskies



Drop off locations:

- CAC Ross Building, 2247 Western Avenue
- Asheville Highway Animal Hospital, 4516 Asheville Hwy.
- Forest Park Animal Clinic, 4600 Chambliss Avenue
- Dogwood Animal Clinic, 5900 Chapman Hwy.

Each month, the CAC Office on Aging's Knox PAWS (Placing Animals With Seniors) and Feed-A-Pet programs provide almost 1,900 pounds of pet food to 161 pets owned by 96 limited-income older adults in the Knoxville-Knox County area.

Without the assistance of Feed-A-Pet, those enrolled in the program struggle each month to feed their pets and sometimes go without food themselves in order to feed their furry friends.

You can donate directly to Feed-A-Pet on our website at knoxseniors.org/paws. Here, you will also find our Wish List links for Amazon and Chewy. You have the option of making an automatic recurring monthly donation of pet food to ensure our supply remains consistent.

SAVE THE DATE FOR O'CONNOR SENIOR CENTER'S ANNUAL GOLF TOURNAMENT

Friday, September 8
Three Ridges Golf Course

Sign up at givebutter.com/OConnorGolf2023



SENIOR CENTER OUTREACH

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

JULY OUTREACH SCHEDULE

- July 6 - South Senior Center, 8:30 am - 10:30 am
- July 10 - West Senior Center, 9 am - 11 am
- July 11 - Corryton Senior Center, 10:30 am - 12:30 pm
- July 17 - Halls Senior Center, 10 am - 12 pm
- July 18 - O'Connor Senior Center, 10 am - 12 pm
- July 26 - Carter Senior Center, 10:30 am - 12:30 pm

AUGUST OUTREACH SCHEDULE

- August 2 - Karns Senior Center, 11:30 am - 1:30 pm
- August 3 - South Senior Center, 8:30 am - 10:30 am
- August 8 - Corryton Senior Center, 10:30 am - 12:30 pm
- August 14 - West Senior Center, 9 am - 11 am
- August 21 - Halls Senior Center, 10 am - 12 pm
- August 22 - O'Connor Senior Center, 10 am - 12 pm
- August 30 - Carter Senior Center, 10:30 am - 12:30 pm



The SIR office is located in the Ross Building at 2247 Western Avenue in Knoxville.
Call SIR at 865-546-6262

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	O'CONNOR SENIOR CENTER	MOBILE MEALS KITCHEN/ MALCOLM MARTIN PARK
522 Maryville Pike Monday, July 24 11:00 am - 1:00 pm	611 Winona St. Monday, July 24 2:00 pm - 4:00 pm	1747 Reynolds St. Tuesday, July 25 3:00 pm - 5:00 pm

Commodities Distribution is a program of the CAC Nutrition Services.

ROUND UP AT THE REGISTER FOR GAP

During the month of July, you can round up your change to the nearest dollar (or more!) at the register to support the Office on Aging's Grandparents as Parents program when you shop at Three Rivers Market, Knoxville's community-owned food cooperative.

The Nourishing Change program at Three Rivers partners with one charitable organization per month to generate awareness and funding of local organizations creating positive change in Knox, Blount, Anderson, and Sevier counties.

Three Rivers Market is located at 1100 N. Central St. in Happy Holler. Open to the public daily from 8 am - 8 pm.



SAVE THE DATE!
Aging: A Family Affair
November 9, 2023
Rothchild Conference Center
More information coming soon!

CAN SNAP HELP YOU?

The Supplemental Nutrition Assistance Program (SNAP), formerly known as Food Stamps, can help low to moderate income households who need extra money for food. Adults 60 and older can count medical deductions and a variety of expenses to qualify.

To find out if you are eligible or to get help with your application, call to speak with the Office on Aging's SNAP coordinator.



Call (865) 524-2786

AMERICORPS SENIORS VOLUNTEERS RECEIVE RECOGNITION

RSVP Knox County

Volunteers Building Community

Hometown Superheroes were recognized for their community service as part of the Retired & Senior Volunteer Program (RSVP) on May 19th. This annual event celebrates older adults and the difference they make through volunteerism. Knoxville RSVP has 250 active volunteers serving with CAC programs in senior centers and with local nonprofits to expand our community impact.



RSVP volunteers Vic & Barbara hold a certificate recognizing their contributions over 11 years of active service with AmeriCorps Seniors in Knoxville.



RSVP volunteer Wendell received special recognition for Most Miles Driven in Blount County's SMiles program.

RSVP Blount County

Volunteers Building Community

Volunteers serving as part of the Retired & Senior Volunteer Program (RSVP) in Blount County were celebrated on May 16th with a picnic and festivities for their ongoing commitment to improving the lives of local seniors. Volunteers provide rides for older adults who need transportation assistance to get to doctor appointments, grocery shopping, and other necessary errands. Volunteers provided over 3,000 trips for essential services in the past year.



Foster Grandmothers Virginia, Renita, Haroldene, and Marcia enjoy line dancing together at their volunteer recognition luncheon at Calhoun's on the River on May 9th.

HOW YOU CAN GET INVOLVED WITH RSVP

RSVP (Retired & Senior Volunteer Program) serves Knox & Blount counties by matching volunteers with Office on Aging needs and nonprofit partners. ***You can help!***

Below is a list of volunteer opportunities. Let us know if you'd like to explore giving back to meet these needs:

- Drive seniors to appointments
- Call a lonely older adult
- Garden at Beardsley Community Farm
- Visit a senior in hospice
- Lead activities at a senior center
- Help with office needs
- Deliver meals or food boxes

Do you want to put existing skills to use? Or develop new interests? We can help, by matching you with an opportunity to volunteer with an RSVP station near you.

Email RSVP@knoxseniors.org or call 865-524-2786 and ask for RSVP to get started!

Foster Grandparent Program

Volunteers Enriching Students

When you spend the school year helping kiddos, it's great to dance it out and celebrate! Foster Grandparents gathered for a wonderful lunch, dancing and appreciation on May 9th. Local student Camden, age 10, shared words from the heart, having had Foster Grandmother Ann in his life for 9 years. "She makes me feel happy when I see her!" It doesn't get better than that.



**AmeriCorps
Seniors**

O'CONNOR CENTER SCHEDULE JULY & AUGUST



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.

Call the Center at 865-523-1135 for confirmation that programs will be meeting and follow us on facebook.com/oconnorseniorcenter for any additional announcements!

The O'Connor Senior Center will be closed on Tuesday, July 4 for the Independence Day holiday

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. 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.

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

Remote Area Medical Telehealth Access Mobile Unit: July 7, 9 am-4 pm and August 4, 9 am-4 pm. The Remote Area Medical Mobile Unit is a completely self-contained telehealth access station where you can get free telehealth care with volunteer RNs and MDs. Call (865) 579-1530 for appointments. Walk-ins accommodated as available.

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

Qigong: Wednesdays at 10:00 a.m. 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. July 12, 19, 26 & August 2, 16

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: July 12, 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 and to speak with the group leader for more information.

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.

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

Commodities Distribution: Monday, July 24, 2:00 pm-4:00 pm. 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.

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.

Continued on page 8

ELDER NEWS & VIEWS

JULY 2023 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
<div>3</div> <div>10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi 12:00 Yoga 1:00 BINGO</div> <div>O'Connor Singing Seniors Concert at the Tennessee Theater 12:00</div>	<div>CENTER CLOSED HAPPY INDEPENDENCE DAY!</div> <div></div>	<div>5</div> <div>10:00 Qigong 10:30 Beginner Spanish 12:00 Yoga</div>	<div>6</div> <div>9:00 Co-Ed Softball 9:00 Knitting and Crocheting 10:00 Thursday Walkers 11:00 Advanced Arthritis Exercise 11:00 Beginner German 12:30 Cards & Games</div>	<div>7</div> <div>9:00 Ping Pong 12:30 Jam Band 1:00 Fun Film Friday</div>
<div>10</div> <div>9:30 Creative Writers 10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi 12:00 Yoga 1:00 BINGO</div>	<div>11</div> <div>9:00 Co-Ed Softball 10:00 Intermediate French 11:00 Advanced Arthritis Exercise 12:30 Cards & Games 1:30 Intro to Line Dancing</div>	<div>12</div> <div>9:00 Toenail Clipping Clinic 10:00 Qigong 10:30 Beginner Spanish 11:30 Artist & Crafter's Window Mtg 12:00 Yoga</div>	<div>13</div> <div>9:00 Co-Ed Softball 9:00 Knitting and Crocheting 10:00 Thursday Walkers 11:00 Advanced Arthritis Exercise 11:00 Beginner German 12:30 Cards & Games</div>	<div>14</div> <div>9:00 Ping Pong 12:00 Flower Lovers 12:30 Jam Band 1:00 Fun Film Friday</div> <div>15</div> <div>7:00 pm SATURDAY NIGHT DANCE 1950's THEME</div>
<div>17</div> <div>10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi 11:30 Lunch & Learn: Stroke Awareness 12:00 Yoga 1:00 BINGO</div>	<div>18</div> <div>9:00 Co-Ed Softball 10:00 Intermediate French 11:00 Advanced Arthritis Exercise 12:30 Cards & Games 1:30 Intro to Line Dancing</div>	<div>19</div> <div>9:00 Toenail Clipping Clinic 10:00 Qigong 10:30 Beginner Spanish 12:00 Yoga</div>	<div>20</div> <div>9:00 Co-Ed Softball 9:00 Knitting and Crocheting 10:00 Thursday Walkers 11:00 Advanced Arthritis Exercise 11:00 Beginner German 12:30 Cards & Games</div>	<div>21</div> <div>9:00 Ping Pong 12:30 Jam Band 1:00 Fun Film Friday</div>
<div>24</div> <div>9:30 Creative Writers 10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi 11:30 Lunch & Learn: What is Music Therapy? 12:00 Yoga 1:00 BINGO 2:00 Commodities Distribution</div>	<div>25</div> <div>9:00 Co-Ed Softball 10:00 Intermediate French 11:00 Advanced Arthritis Exercise 12:30 Cards & Games 1:30 Intro to Line Dancing</div>	<div>26</div> <div>9:00 Toenail Clipping Clinic 10:00 Qigong 10:30 Beginner Spanish 12:00 Yoga</div>	<div>27</div> <div>9:00 Co-Ed Softball 9:00 Knitting and Crocheting 10:00 Thursday Walkers 11:00 Advanced Arthritis Exercise 11:00 Beginner German 12:30 Cards & Games</div>	<div>28</div> <div>9:00 Ping Pong 12:30 Jam Band 1:00 Fun Film Friday</div>
<div>31</div> <div>10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi for Arthritis 12:00 Yoga 1:00 BINGO</div>				

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 8:30 S.A.I.L. Class 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 S.A.I.L. Class TECH TUTORING BY APPT.	8:30 Billiards Room Open 10:30 Blood Pressure Checks 10:00 Concert Band 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 8:30 S.A.I.L. Class 10:00 Basic Arthritis Exercise 10:30 Blood Pressure Checks 10:00 Taoist Tai Chi Set Practice 12:30 S.A.I.L. Class	8:30 Billiards Room Open 10:00 Wood Carvers 10:30 Blood Pressure Checks 11:00 Advanced Spanish

ELDER NEWS & VIEWS
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	1 9:00 Co-Ed Softball 10:00 Intermediate French 11:00 Advanced Arthritis Exercise 12:30 Cards & Games 1:30 Intro to Line Dancing 2:00 Beginner Ballroom Dancing	2 9:00 Toenail Clipping Clinic 10:00 Qigong 10:30 Beginner Spanish 12:00 Yoga	3 9:00 Knitting & Crocheting 9:00 Co-Ed Softball 10:00 Happy Hikers 10:00 Thursday Walkers 11:00 Advanced Arthritis Exercise 11:00 Beginner German 12:30 Cards & Games	4 9:00 Ping Pong 12:30 Jam Band 1:00 Fun Film Friday
7 10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi for Arthritis 12:00 Yoga 1:00 BINGO	8 9:00 Co-Ed Softball 10:00 Intermediate French 11:00 Advanced Arthritis Exercise 12:30 Cards & Games 1:30 Intro to Line Dancing 2:00 Beyond Ballroom Dancing	9 10:00 Qigong 10:30 Beginner Spanish 12:00 Yoga	10 9:00 Knitting & Crocheting 9:00 Co-Ed Softball 10:00 Happy Hikers 10:00 Thursday Walkers 11:00 Advanced Arthritis Exercise 11:00 Beginner German 12:30 Cards & Games	11 9:00 Ping Pong 12:00 Flower Lovers 12:30 Jam Band 1:00 Fun Film Friday
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21 10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi for Arthritis 11:30 Lunch & Learn: Making Healthcare Decisions Before the Storm Hits 12:00 Yoga 1:00 BINGO	22 9:00 Co-Ed Softball 10:00 Intermediate French 11:00 Advanced Arthritis Exercise 12:30 Cards & Games 1:30 Intro to Line Dancing 2:00 Beyond Ballroom Dancing	23 10:00 Qigong 10:30 Beginner Spanish 12:00 Yoga	24 9:00 Knitting & Crocheting 9:00 Co-Ed Softball 10:00 Happy Hikers 10:00 Thursday Walkers 11:00 Advanced Arthritis Exercise 11:00 Beginner German 12:30 Cards & Games	25 9:00 Ping Pong 12:30 Jam Band 1:00 Fun Film Friday
28 9:30 Creative Writers 10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi for Arthritis 12:00 Yoga 1:00 BINGO	29 9:00 Co-Ed Softball 10:00 Intermediate French 11:00 Advanced Arthritis Exercise 12:30 Cards & Games 1:30 Intro to Line Dancing 2:00 Open Ballroom Dancing	30 10:00 Qigong 10:30 Beginner Spanish 12:00 Yoga	31 9:00 Knitting & Crocheting 9:00 Co-Ed Softball 10:00 Happy Hikers 10:00 Thursday Walkers 11:00 Advanced Arthritis Exercise 11:00 Beginner German 12:30 Cards & Games	

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Dance:

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

Beyond Ballroom Dancing: For those who know the basics but would like learn more technique; available on the 2nd and 4th Tuesday. Gabriel Akers, Professional Ballroom Instructor from Timeless Ballroom, will be teaching this fun class. Put on your dancing shoes and join us! \$3/class

Intro to Line Dance: Tuesdays. For those with no experience. \$2/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: Stop by for a lunch-time meal, 11:00 am-1:00 pm.

Flower Lovers Garden Club: 2nd Fridays at 12:00 pm. 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 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.

Greenhouse: Open Mondays, 10:00 am - 1:00 pm. 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 – help us turn the Center into a jungle oasis! Call 865-523-1135 if interested.**

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.

Stroke Awareness. July 17, 11:30 am. Katie Hall, Stroke Coordinator from the UT Brain & Spine Institute, will present information on the warning signs of stroke and how to prevent them.

What is Music Therapy? July 24, 11:30 am. In this program, you will learn about music therapy, and how it supports people dealing with an illness. You will see firsthand how music can be used in your personal life to aid your health and well-being.

Making Healthcare Decisions Before the Storm Hits. August 21, 11:30 am. Modern medicine generally has predictable methods on hospital patient care. However, those methods make a number of assumptions about what is most important to you and your loved ones. Dr. Adam Tyson, Medical Director University Palliative Care, will advise how we can ensure that we receive the care we want.

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.

Co-Ed Softball: The Knoxville Senior Co-ed Softball League — for men 60 and older and for women 50 and older — plays from 9:00 am to 11:00 am on Tuesdays and Thursdays, April through October, at Caswell Park. Our non-competitive league plays for fun and exercise. All skill levels welcome. Cost is \$10 for the entire season. Call 865-424-0933 for more information and to sign-up.

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 participants 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!

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

WELCOME, CALLIE!



You may have noticed a new friendly face around the O'Connor Center. We would like to welcome Callie Word, who is joining us as manager of the Center. Next time you see her, be sure to say hello and welcome her!

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 March and April 2023.

MOBILE MEALS

Anonymous (30)
Barbara Abner
Deborah Akerele
All Saints Catholic Church
Diana Amann
Glen Anderson
Bob Andres
Jeffrey Austin
Auto-Owners Insurance Company
Denise Banks
Beaver Creek Cumberland
Presbyterian Church
Wanda Bishop
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Laura Brake
Charles & Wilma Branner
Melissa Brenneman
Joyce Brown
Colonial Heights United
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Peggy Duffy
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Farragut Presbyterian Church
Charles Glasscock
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Bruce & Lena Kennedy
John King
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Diana Lee Loper
Debbie Lowe
Jerry & Jane Lubert
Gail Ludlow
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David McCormick
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Rosemary Vandergriff
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Janice Zartman

MOBILE MEALS IN
HONOR OR MEMORY

In Honor of June Trbovich
By Anna Haese
In Honor of Patty Miller
By Michael & Nancy Lofaro
In Memory of Kenneth Crowell Roberts
By Anonymous
In Memory of Emma Lou Coffin
By Fay B. Carr
In Memory of Agnes Cook
By Diane Cook
In Memory of my mother Dorothy Frost
By Catherine Cooper
In Memory of Emma Lou Coffin
By Tricia McClam
In Memory of Emma Lou Coffin
By Dr. Reuben & Barbara Pelot
In Memory of Emma Lou Coffin
By Michael and Joyce Phillips
In Memory of Emma Lou Coffin
By Rotary Club of Bearden
In Memory of Hank Belcher
By Robert & Marketta Smiddy
In Memory of Emma Lou Coffin
By Beverly Swift
In Memory of Jason Randall Webb
By Scott Webb
In Memory of Emma Lou Coffin
By Allen Yates

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 March and April 2023.

AGING SERVICES

Brown Bevill
Rose Burgett
Sheri Doubrley
Elder Law of East Tennessee

GRANDPARENTS
AS PARENTS

Fidelity Charitable

KNOX PAWS &
FEED-A-PET

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O'CONNOR SENIOR CENTER

Michael & Angela Bartlett

SENIOR COMPANION
PROGRAM

Nicole Bush
Sylvia Parker
In Memory of Rita Buckner
By Monica Franklin

DAILY LIVING CENTER

Monica Franklin

DINE-A-MITE DINER

Aaron & Gabriel Blake
Larsen & Adrian Jay
David & Nancy Lineberger

2023 DUNCAN AWARDS



(L to R) Senator Becky Duncan Massey, Teresa Lawson, Bob Newman, & Former Congressman Jimmy Duncan.

Special thanks to everyone who attended the 21st Annual John J. Duncan, Sr. Award for Senior Advocacy held at Hunter Valley Farm on May 9th. The 2023 Award recipients were Bob Newman (Community Award) and Teresa Lawson (Professional Award).

CELEBRATING CENTENARIANS



The Senior Information and Referral (SIR) office recognizes centenarians in May and delivers flowers and a gift card to them. This year, the program delivered flowers to 42 Knox County citizens who were 100 years young or older. Pictured here is Mr. George, who is celebrating his 100th birthday this year. Special thanks to Random Acts of Flowers and Food City for their donations to brighten the days of our centenarians. Do you know a centenarian to be honored? Call SIR at 865-546-6262.

TECH SMART KNOX SENIORS: DIGITAL LITERACY & TELEHEALTH TRAINING



Office on Aging director, Dottie Lyvers (center), with Board members from the Trinity Health Foundation at a luncheon for grantees in June 2023.

The CAC Office on Aging, in partnership with Tech Goes Home, was awarded a Phase 1 grant from the Trinity Health Foundation of East Tennessee. This pilot grant will help our agency address the digital divide many older individuals face. The grant will be focused on supporting 20 Knox County older adults with devices, low-cost internet access (as needed and available) and targeted digital skills training designed to combat social isolation and promote safe access to telehealth resources. This partnership will use digital literacy training to expand access to opportunities for secure social engagement online and to online health resources, including telehealth and telemental health options. The pilot will include the installation of a telehealth station at O'Connor Senior Center, and training for staff and leadership on using the station.

We are grateful to Trinity Health Foundation for their support of older individuals in Knox County.

ELDER NEWS & VIEWS

OFFICE ON AGING DIRECTOR

Dottie Lyvers

EDITOR

Rachel Kraft

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Reminder:

**Elder News & Views
is available online at
knoxseniors.org/env.**



All aboard! Senior Companions enjoyed a lunch-time cruise on the Tennessee River aboard The Star of Knoxville River Boat to celebrate the program's 35 years of service.

The Knoxville-Knox County Community Action Committee is celebrating the 35th anniversary of its Senior Companion Program. Locally, under the umbrella of CAC Office on Aging and AmeriCorps Seniors, this national service initiative mobilizes older adults to address social isolation and promote independent living. Over the past 35 years, 2,000 volunteers have completed over 1.75 million hours of service, serving over 8,000 seniors, and saving taxpayers over 35 million dollars.

Senior Companion volunteers provide life-changing friendship and essential in-home support to frail, isolated, and homebound older adults. Volunteer service activities include companionship, shopping assistance, light cleaning, aid with medical appointments, resource support, and advocacy for individuals they serve. This free service is often a lifeline for individuals living alone, for family care partners on the brink of burn-out, and for families supporting individuals with memory loss. The rich history of this program continues to empower individuals to age with dignity, resources, and purpose.

GET VACCINATED. STAY VACCINATED.

The CAC Office on Aging has received a grant from the National Council on Aging to provide flu and COVID-19 vaccinations for older adults and people with disabilities. Vaccination clinics are being planned throughout the year for anyone who needs the flu shot or COVID-19 shot.

FREE COVID-19 VACCINATION CLINIC

Thursday, August 17

10 am - 1 pm

Ross Building

2247 Western Avenue

**FREE \$10 GIFT CARD, GOODIE BAG,
& FUN ACTIVITIES FOR PARTICIPANTS**



For information about vaccine clinics available in Knox County, please visit our website at knoxseniors.org or call us at 865-524-2786.



This COVID-19 and Influenza Vaccine Uptake Initiative for Older Adults and People with Disabilities is supported with funding from the Administration for Community Living, U.S. Department of Health and Human Services.

REMOTE AREA MEDICAL AT O'CONNOR SENIOR CENTER



Remote Area Medical Telehealth Access Mobile Unit will be at the O'Connor Senior Center on **Friday, July 7, 9 am - 4 pm** and **Friday, August 4, 9 am - 4 pm**.

The RAM Mobile Unit is a completely self-contained telehealth access station where you can get free telehealth care with volunteer RNs and MDs. Walk-ins accommodated as available.

**Call (865) 579-1530
to schedule an appointment.**

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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EASY WAYS YOU CAN HELP THE COUNCIL ON AGING

The following programs are ways for you to donate to KCOA without any outlay except your purchases from them. Take advantage of these painless philanthropy programs to help vulnerable older adults in Knoxville and Knox County:

Kroger Community Rewards
The Kroger Family of Stores is committed to bringing hope and help to local communities. They do this through a variety of activities, including charitable giving, sponsorships and the unique Community Rewards Program of Kroger.
Kroger Community Rewards make fund-raising easy...all you have to do is shop at Kroger and swipe your Plus Card! Visit their website at www.krogercommunityrewards.com to review the terms and conditions and register to participate.

If you don't use a computer for internet business, register by phone at 1-800-576-4377 ["Community Rewards"].
Knoxville-Knox County Council on Aging's organization number is 16424. You must link your card every year starting August 1st.
iGive.com
iGive.com allows you to support your favorite cause with a percentage of your online shopping. Every time you shop at any of the 1,500+ online stores in the iGive

network, a portion of the money you spend benefits Knoxville-Knox County Council on Aging. It's a free service and you'll never pay more when you reach a store through iGive. To get started, just create your free iGive account.
Start giving at www.iGive.com/Knoxville-KnoxCountyCouncilonAging