

ELDER NEWS

MAY/JUNE 2024

VIEWS

OFFICE ON AGING
KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

22ND ANNUAL JOHN J. DUNCAN, SR. AWARD FOR SENIOR ADVOCACY

Tuesday, May 7

4 pm - 6 pm

**The Pavilion at Hunter Valley Farm
9133 Hunter Valley Lane**

The CAC Office on Aging is pleased to announce its 22nd Annual John J. Duncan, Sr. Award for Senior Advocacy. This event is held each spring to honor a professional and an individual from the community who embody the legacy of the late Representative John J. Duncan, Sr., who was an advocate for the seniors of the Second District. A new category was added this year to nominate a business leader to receive the honor.

The Duncan Award for Senior Advocacy is not only a time to honor our servant-leaders, it also serves as a fundraiser for the CAC Office on Aging's Senior Information & Referral program. The event is free to attend, but monetary contributions are greatly appreciated. Hors d'oeuvres will be served and be sure to stop by the wine pull and silent auction.



Dan Hix

Community Award recipient

Chaplain Hix received his Master of Divinity degree at Southern Baptist Theological Seminary in Louisville, Kentucky and completed Clinical Pastoral Counseling at Riverside Methodist

Hospital in Columbus, Ohio. He was a Resident in Pastoral Care at the School of Pastoral Care at Wake Forest University Medical Center in Winston-Salem, North Carolina.

His calling has led him to serve in Spiritual Care capacities at churches, hospitals, and medical centers across several states, including North Carolina, Ohio, and Tennessee. He is currently a Pastoral Associate at New Providence Presbyterian Church in Maryville, Tennessee.



Norwood Veterinary Hospital &

Dr. Joseph Tabery

Business Award recipient

Dr. Tabery was born on September 15, 1947 in Southern Germany. His family immigrated to the United States in 1955 and settled in the Toledo, Ohio area. He graduated high school in 1966 and moved to Columbus, Ohio to attend Ohio State University. After finishing his undergrad years and post-graduate years, he earned his Doctor of Veterinary Medicine degree in 1974. After getting his degree, he served in the armed forces in the United States Army. When he finished his tours in the Army in 1977, Dr. Tabery moved to Knoxville, TN. It was then that he built Norwood Veterinary Hospital on Merchants Drive. He began his practice there in 1979 and has been there ever since. This year, Dr. Tabery celebrates 50 years of caring for the health and well-being of animals.



Dr. Monica Crane

Professional Award recipient

Dr. Crane is a fellowship-trained geriatric medicine physician who is nationally recognized as an expert in multidisciplinary dementia care. Her sole career focus has been the clinical care, treatment, and support for patients and families affected by Alzheimer's disease and the other neurodegenerative diseases which cause dementia.

Having completed her undergraduate degree at Yale University and her medical school training at Jefferson Medical College in Philadelphia, Dr. Crane went on to complete her residency and fellowship at the University of Pennsylvania in Philadelphia.

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SPECIAL THANKS TO OUR SPONSORS!



LeAnn McDonald

**HOPE SPRINGS
ADULT DAY CARE**

**SENATOR
BECKY DUNCAN MASSEY**

Friend of SIR

Would you like to nominate someone to receive the Duncan Award for Senior Advocacy? Anyone interested in nominating someone to receive this award can reach out to Senior Information and Referral at 865-546-6262. Nominees must reside, work, or volunteer in Knox County and exhibit outstanding advocacy for seniors and senior issues.

SENIOR JOB FAIR → for everyone 50+

Wednesday, May 8
10 am - 12 pm
O'Connor Senior Center, 611 Winona Street

Grab copies of your resume and join us at O'Connor Senior Center for the Senior Job Fair on May 8. Employers who want to hire older workers will be on hand to talk about full-time and part-time positions in fields such as:

- **Clerical**
- **Retail**
- **Service Industry**
- **Home Health Care**
- **Hospitality Industry and more . . .**



This event is free and open to the public!

Questions? Call 865-524-2786

The Senior Employment Service is a program of the CAC Office on Aging.

The Council on Aging presents

LIVING INDEPENDENTLY WITH VISUAL IMPAIRMENT

Thursday, May 9
2:30 pm
O'Connor Senior Center
611 Winona St.

Join us for a presentation by Michelle Treese and Tim Riley that focuses on The Independent Living Program through the TN Department of Human Services. This program is for those with visual impairments who need

assistance living independently.

Tim Riley is a Rehabilitation Instructor who serves customers in the Knoxville region, and graduated from Berea College with a Bachelor of Arts in Psychology. Michelle Treese graduated from Radford University with a Masters in Social Work, and has a BA in Psychology from East Tennessee State University. She has worked with the state for over 13 years in this program and in Family Assistance.

This program is free and open to the public.

Questions? Call 865-524-2786

Dr. Monica Crane
Continued from page 1

During her fellowship, Dr. Crane was honored as a new investigator by the NIMH for her study of the behavioral symptoms due to Alzheimer's disease. Dr. Crane is a founding member of the International Society for Frontotemporal Dementias. She has received numerous clinical and research awards in the areas of Alzheimer's disease, geriatric depression, frontotemporal dementia and end-of-life care.

Dr. Crane is the founder and medical director of Genesis Neuroscience Clinic, a multidisciplinary memory disorders clinic. The clinic provides the latest evidence-based care for cognitive impairment and the neurodegenerative dementias. Since the clinic opened in 2017, Dr. Crane has been the PI for eleven major clinical trials in Alzheimer's disease and frontotemporal dementias partnering with the Center for Biomedical Research at Provision Healthcare and the University of Tennessee Knoxville. This unique model of care incorporates support from local non-profits including Alzheimer's Tennessee, Alzheimer's Association, Knox County Senior Services, the Purple Cities Alliance and The University of Tennessee Knoxville. The Genesis Neuroscience Clinic team has seen over 7,800 patients to date.

As an important part of the Clinic, Dr. Crane has developed and implemented an internship program intended to inspire the next generation of clinicians to pursue a career in geriatric dementia care.

In 2020, Dr. Crane founded the Tennessee Memory Disorders Foundation (tmdf.org) which is now the non-profit parent organization for the clinic. The Foundation's mission is to provide support for comprehensive community care for those with memory disorders and to mentor students and professionals to become future leaders in dementia care. As a non-profit, Dr. Crane has created a clinic which will be able to offer services to a great many more people who need care, including those with little or no health insurance.

Prior to 2017, Dr. Crane was Director of Clinical Research as well as the Associate Director of Cole Neuroscience Clinic. Dr. Crane is also an Assistant Professor of Medicine at UT-Knoxville, Graduate School of Medicine. She has served on the Board of Directors at Alzheimer's Tennessee since 2007 and has been a leader in the Outreach Workgroup for the Society of Nuclear Medicine and Molecular Imaging.

Dr. Crane has been recognized as a leader by the East Tennessee community as an inductee of Leadership Knoxville and the Executive Woman's Association. Under her leadership, the Knoxville community started an annual frontotemporal dementia conference and a community-wide educational series with the goal of raising awareness. ■

GRANDPARENTS AS PARENTS PROVIDES SUPPORT

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 to enroll today. 865-524-2786

Grandfamilies Together Conference Calls

Monthly on Tuesdays
 10:00 (30 minutes)
 May 14th and June 11th
 Call in: Toll Free 844-855-4444
 or 978-990-5482
 Access Code: 1460466#

Grandparents Together In-Person Meeting

Tuesday, May 24th
 10:00 – Noon
 Ross Building | 2247 Western Ave.
Program: “Outsmart the Scammers”
 Reservations appreciated.



SHOES FOR SCHOOL

Grandparents as Parents will help with the online Shoes for School applications. The Knoxville Area Urban League is hosting the Shoes for School Event on Saturday, August 3, 2024 from 9:00-Noon at the Jacob Building. The Shoes for School event is free and open to the public. Children (ages 5-12) must be pre-registered and present at the event to receive shoes. Deadline to pre-order shoes is July 1, 2024.

Call 865-524-2786 for more information



FILL THE BOWLS: FEED-A-PET NEEDS PET FOOD

- DRY DOG FOOD NEEDED:
- 8 lb. bag Purina One Small Bites
- 4 lb. bag Pedigree Small Bites
- 4 lb. bag Beneful Small Bites
- DRY CAT FOOD NEEDED:
- 3.15 lb. bag Friskies
- 3.15 lb. bag Meow Mix
- 3.15 lb. bag Purina Cat Chow

• We also need canned foods. A mixture of gravied foods and paté of any of the brands below:

- CANNED DOG FOOD NEEDED:
- Ceasars canned or trays
- Pedigree canned or pouches
- Beneful canned or trays
- CANNED CAT FOOD NEEDED:
- Friskies canned both gravy & paté
- 9-Lives canned both gravy & paté
- Fancy Feast canned both gravy & paté
- Meow Mix canned both gravy & paté

• Please donate bags weighing LESS THAN 10 pounds, as some of our clients are unable to lift heavy items.

• You can find links to our Chewy and Amazon Wish Lists on our website at knoxseniors.org/paws.

Drop off locations:

- Ross Building: 2247 Western Ave Knoxville 37921
- Norwood Veterinary Hospital: 2828 Merchant Rd Knoxville 37912
- Forest Park Vet Clinic: 4600 Chambliss Ave Knoxville 37919
- Dogwood Vet Clinic: 5900 Chapman Hwy Knoxville 37920
- O'Connor Senior Center: 611 Winona St Knoxville 37917



The Feed-A-Pet program is for seniors who own pets, but struggle to buy food. The program is a partnership between the Office on Aging and The University of Tennessee College of Veterinary Medicine.

Questions? Call 865-524-2786

MOBILE MEALS SUMMER VOL CALL

Make a difference for homebound seniors with just one day of volunteering! Mobile Meals needs volunteers to help to cover summer gaps. No regular schedule is required, and even one day of volunteering can help ensure that seniors in need receive a warm meal and a friendly visit. Contact the Volunteer Coordinator at 865-524-2786 or email mobilemealsvols@cacnutrition.org.



JUNE 15th IS WORLD ELDER ABUSE AWARENESS DAY

Building Strong Support for Elders

World Elder Abuse Awareness Day (WEAAD) was launched by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations. The purpose of WEAAD is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic and demographic processes affecting elder abuse and neglect.

Elder abuse creates a risk of harm to an older adult. Common types of elder mistreatment include physical, sexual, psychological, or financial abuse, neglect, or self-neglect. Elder abuse impacts people of all ages, identities, and backgrounds, and it is estimated that 1 in 10 older adults experience some form of elder abuse each year.

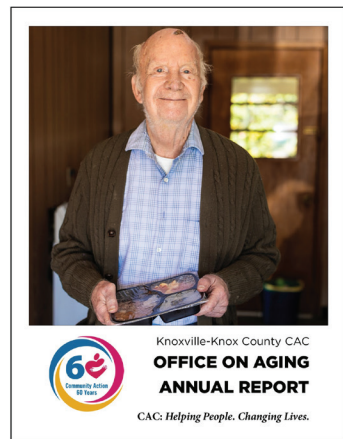
We are all born with the same human rights that should be enjoyed at every stage of our lives. When ageism, negative stereotypes based on prejudices about age are directed at older people, it drives discrimination and the denial of our human rights as we age. Elder abuse is among the most hidden and underrepresented violations of human rights. Take time to learn about the signs of Elder Abuse and help to save lives in our community.

In honor of World Elder Abuse Awareness Day 2024 on Saturday, June 15th, let's challenge ageism, promote understanding and respect across generations, and prevent elder abuse.

To learn more about Office on Aging programs that support older adult victims like the Rise Above Crime program, please visit www.knoxseniors.org or call 865-524-2786.

THE OFFICE ON AGING'S 2022-2023 ANNUAL REPORT IS NOW AVAILABLE

READ IT ONLINE AT
KNOXSENIORS.ORG/REPORT
or call 865-524-2786
for a copy.



THE CENTENARIAN PROJECT: Do you know a 100+ year old?

In celebration of Older Americans' Month in May, the Office on Aging is coordinating a special tribute to area centenarians. Volunteers will visit people who have reached the age of 100-plus and present them with a lovely bouquet of flowers donated by Random Acts of Flowers and a gift card.

The list of Knox County centenarians is growing! The Office on Aging predicts that nearly 50 individuals who were born in 1924 or earlier will be honored this year.



Mr. G, a centenarian, received flowers and a gift card in 2023.

If you know of someone who is 100+ years of age (or about to turn 100), call Senior Information & Referral at 865-546-6262 by **May 17th**. We will need the name, address, birthdate, contact person, and phone number for each centenarian. All information will be kept confidential.

Call 865-546-6262 by May 17th

The Council on Aging presents PROTECTING YOURSELF AGAINST SCAMS

Thursday, June 13
2:30 pm
O'Connor Senior Center
611 Winona Street

Scams are nothing new, but with technology changing constantly, it is sometimes hard to know what is a scam and what is legitimate. Join us at the Council on Aging presentation on June 13 to learn about the different ways scammers are taking advantage of people, especially older adults. Whether it's online, in-person, by mail, or telephone, staying safe from scammers and making sure you are not a target for would-be thieves is an important issue we should all be concerned with.

This program is free and open to the public.
Questions? Call 865-524-2786

O'CONNOR CENTER'S MAY & JUNE 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, May 27, for Memorial Day and Wednesday, June 19, for Juneteenth.

PHYSICAL FITNESS - HEALTH EDUCATION - HEALTH SCREENING

COMING SOON! SAIL (STAY ACTIVE & INDEPENDENT FOR LIFE) CLASSES AT O'CONNOR CENTER

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.

KCBC 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 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 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. May 1, 8, 29 and June 5 & 26

AARP Safe Driving Class: Presented by AARP Thursday and Friday, May 2 & 3rd. To register, call Nancy Carmon, 865-689-5511 and leave your name and number. She will return your call. Those who have AARP UnitedHealthCare Medicare Supplement Insurance can take the course for free until December 31, 2026. Participants must bring their membership card to the class. AARP members classroom price is \$20. Non-member AARP classroom price is \$25. 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.

Artists and Crafter's Window: Wed. May 8, 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.

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, May 6 from 2:00-4:00 p.m. 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. 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 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.

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ELDER NEWS & VIEWS

MAY 2024 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		9:00 Toenail Clinic 10:00 Morning Painting 10:00 Qigong 11:00 Mahjong 1:00 Genealogy 1:00 Afternoon Painting	9:00 Knitting & Crocheting 10:00 AARP Safe Drivers Class 10:00 Thursday Walkers 11:00 Beginner German 12:30 Cards & Games <b style="color: red;">NO ARTHRITIS EXERCISE CLASS TODAY	9:00 Ping Pong 10:00 AARP Safe Drivers Class 10:00 Mandolin 11:00 Beginner Violin 11:00 Silver Stage Players 12:30 Jam Band 1:00 Fun Film Friday
6	7	8	9	10
10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi 11:00 Beginner Drawing 12:30 Beginner Sewing 1:00 BINGO 2:00 Commodities Distribution	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	9:00 Toenail Clinic 10:00 Senior Job Fair 10:00 Morning Painting 10:00 Qigong 11:00 Mahjong 11:30 Artists & Crafters 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	9:00 Ping Pong 10:00 Mandolin 11:00 Beginner Violin 11:00 Silver Stage Players 12:30 Jam Band 1:00 Fun Film Friday 1:00 Ballroom Dance
13	14	15	16	17
9:30 Creative Writers 10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi 11:00 Beginner Drawing 11:30 Lunch & Learn: Seasonal Allergies 12:30 Beginner Sewing 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	10:00 AARP Safe Driving Class 10:00 Qigong 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	9:00 Ping Pong 10:00 Mandolin 11:00 Beginner Violin 11:00 Silver Stage Players 12:30 Jam Band 1:00 Fun Film Friday
20	21	22	23	24
10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi 11:00 Beginner Drawing 11:30 Lunch & Learn: Pre-Diabetes 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 Beginner Ballroom Dancing	10:00 Qigong 11:00 Mahjong	9:00 Knitting & Crocheting 10:00 Thursday Walkers 11:00 Advanced Arthritis Exercise 11:00 Beginner German 12:30 Cards & Games	9:00 Ping Pong 10:00 Mandolin 11:00 Beginner Violin 11:00 Silver Stage Players 12:30 Jam Band 1:00 Fun Film Friday
27	28	29	30	31
Center Closed for Memorial Day	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 Qigong 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	9:00 Ping Pong 10:00 Mandolin 11:00 Beginner Violin 11:00 Silver Stage Players 12:30 Jam Band 1:00 Fun Film Friday

RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 Billiards Room Open 10:00 Greenhouse 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 Greenhouse 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 French 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

ELDER NEWS & VIEWS

JUNE 2024 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>9:30 Beginner Sewing 10:00 Mahjong 10:00 Tai Chi 11:00 Beginner Drawing 11:30 Lunch & Learn: Rise Above Crime 12:30 Sewing 1:00 BINGO</p>	<p>4</p> <p>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</p>	<p>5</p> <p>9:00 Toenail Clinic 10:00 Greenhouse Open 10:00 Qigong 11:00 Mahjong</p>	<p>6</p> <p>9:00 Knitting & Crocheting 10:00 Thursday Walkers 11:00 Advanced Arthritis Exercise 11:00 Beginner German 12:30 Cards & Games</p>	<p>7</p> <p>9:00 Ping Pong 10:00 Mandolin 11:00 Beginner Violin 11:00 Silver Stage Players 12:30 Jam Band 1:00 Fun Film Friday</p>
<p>10</p> <p>9:30 Creative Writers 9:30 Sewing 10:00 Mahjong 10:00 Tai Chi 11:00 Beginner Drawing 12:30 Sewing 1:00 BINGO</p>	<p>11</p> <p>10:00 Intermediate French 10:00 Silver Stage Players 11:00 Intermediate Italian 11:00 Advanced Arthritis Exercise 12:30 Cards & Games 1:30 Intro to Line Dancing 2:30 Beyond Ballroom Dancing</p>	<p>12</p> <p>10:00 Qigong 11:00 Mahjong Afternoon Performance: Silver Stage Players (time: TBA) 1:00 Genealogy</p>	<p>13</p> <p>9:00 Knitting & Crocheting 10:00 Thursday Walkers 11:00 Beginner German 12:30 Cards & Games 2:30 Council on Aging</p>	<p>14</p> <p>9:00 Ping Pong 10:00 Mandolin 11:00 Beginner Violin 11:00 Silver Stage Players 12:30 Jam Band 1:00 Fun Film Friday 1:00 Ballroom Dance</p>
<p>17</p> <p>9:30 Sewing 10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi 11:00 Beginner Drawing 11:30 Lunch & Learn: Posture 12:30 Sewing 1:00 BINGO</p>	<p>18</p> <p>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</p>	<p>19</p> <p>Center closed for Juneteenth</p>	<p>20</p> <p>9:00 Knitting & Crocheting 10:00 Thursday Walkers 11:00 Advanced Arthritis Exercise 11:00 Beginner German 12:30 Cards & Games</p>	<p>21</p> <p>9:00 Ping Pong 10:00 Mandolin 11:00 Beginner Violin 11:00 Silver Stage Players 12:30 Jam Band 1:00 Fun Film Friday</p>
<p>24</p> <p>9:30 Creative Writers 9:30 Sewing 10:00 Mahjong 10:00 Tai Chi 12:30 Sewing 1:00 BINGO</p>	<p>25</p> <p>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</p>	<p>26</p> <p>9:00 Toenail Clinic 10:00 Greenhouse Open 10:00 Qigong 11:00 Mahjong 1:00 Genealogy</p>	<p>27</p> <p>9:00 Knitting & Crocheting 10:00 Thursday Walkers 11:00 Advanced Arthritis Exercise 11:00 Beginner German 12:30 Cards & Games</p>	<p>28</p> <p>9:00 Ping Pong 10:00 Mandolin 11:00 Beginner Violin 11:00 Silver Stage Players 12:30 Jam Band 1:00 Fun Film Friday</p>

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OLDER AMERICANS MONTH

POWERED BY CONNECTION: MAY 2024

MAY IS OLDER AMERICANS MONTH!

Learn more at www.acl.gov/oam

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Dance –

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

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 1-3 pm. Live Bands providing wonderful music include: May 10th - Al Curtis Group; June 14th – David Correll Band

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.

Greenhouse: Open Monday and Wednesday, 10 am - 12 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, too.

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!

Jazz Band: Wednesdays after Concert Band rehearsal. Call group leader, Linda, at 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! 12:30 pm.

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 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.

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!

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



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.**

May 13: Seasonal Allergies

A representative from Mac’s Pharmacy will share tips for seasonal allergy prevention and symptom relief.

May 20: What is Pre-Diabetes?

Has your doctor told you that you have pre-diabetes? Do you want to prevent Diabetes? Julia Holland, RDN, from the Knox County Health Department, will share information about pre-diabetes, healthy eating habits, and the importance of staying physically active.

June 3: Scam Alert

According to the FBI, Tennessee residents lost more than \$160 million imposter and internet scams in 2023. Join Sasha Hammett, BSSW, from the CAC’s Rise Above Crime program, to learn about trending scams targeting seniors in our community.

June 10: Improve Your Posture

Did you know that poor posture can lead to issues with breathing, balance, back pain, bone density, and a whole host of other problems? Join Dr. Alaina Marino, PT and Orthopedic Specialist from Marino Physiotherapy to learn how this one small change can improve your quality of life and independence as you age.



SENIOR NUTRITION PROGRAM SPONSORS

In Mobile Meals' Adopt-A-Senior program, you can provide Mobile Meals for a month, or more, for a homebound senior citizen for \$80 a month. Your contribution will be recognized in this list in the next newsletter issue following your donation. For information about Adopt-A-Senior, call the Senior Nutrition Program, 865-524-2786. The following people and organizations contributed to Mobile Meals in February and March 2024.

MOBILE MEALS

Anonymous Friends (33)
 Barbara Abner*
 Glen Anderson*
 Bob Andres
 Jeffrey Austin*
 Bearden United Methodist Church
 Women
 Beaver Creek Cumberland Presbyterian Church*
 Melissa Brenneman*
 Jim Brine
 Ken & Kaye Brock*
 Bruce Broussard
 Joyce Brown*
 Buddy & Janine Ryan
 Carl and Nancy Bylin
 Jean Carr
 Glen Cavin
 Colonial Heights United Methodist Church
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 Concord United Methodist Church
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 Rosemary Vandergriff*
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 Jennifer Ward
 Shannon Welch
 Angela White
 Susanne White*
 Lilly Winburn
 Janice Zartman

MOBILE MEALS IN HONOR

In Honor of Marcus Bumgarner
 By Anonymous
In Honor of Balanced You Clinic
 By Anonymous

In Honor of Lynn West
 By Anonymous
In Honor of June Trbovich
 By Anna Haese*
In Honor of Ari Grimsley
 By The Hubbell Foundation
In Honor of Eula G. Baker
 By Douglas McNeil*
In Honor of Beyond You
 By Dori Stiefel
In Honor of Lynn West
 By Mr. & Mrs. Michael Swift*

MOBILE MEALS IN MEMORY

In Memory of Kenneth Crowell Roberts
 By Anonymous
In Memory of Barbara Craig
 By Anonymous
In Memory of Barbara Craig
 By Gene Alexander
In Memory of Barbara Craig
 By Mrs. Melanie S. Crowson
In Memory of Barbara Craig
 By Mrs. Pat Hibbler
In Memory of Barbara Craig
 By Janet Oakes
In Memory of Barbara Craig
 By Ms. Elinor P. Payne
In Memory of Barbara Craig
 By William & Ginger Smith
In Memory of Barbara Jean Flurry Craig
 By Rhonda Witt
In Memory of Barbara Craig
 By Alan & Ellen Wright
In Memory of Kimberly Conroy
 By Anonymous
In Memory of Wilbur Templin, Jr.
 By Charles & Wilma Branner
In Memory of Pace Robinson
 By Anonymous
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 By Karen Hurst
In Memory of Marie Guinn
 By Gloria Ann Lunsford
In Memory of Fredia Cuzzone
 By David & Barbara Myers
In Memory of Bodine J. Stultz
 By Perry Stultz
In Memory of Susanna Waldbauer
 By Richard & Carol Waldbauer

OFFICE ON AGING PROGRAM CONTRIBUTORS

The Office on Aging appreciates all who give so generously to its programs. Your contributions make a difference.

AGING SERVICES

Anonymous (6)
 Rose Burgett*
 Darrell & Katalin Elliott
 Seann Gloss*

DAILY LIVING CENTER

Monica Franklin*

GRANDPARENTS AS PARENTS

The University of Tennessee Knoxville

KNOX PAWS (PLACING ANIMALS WITH SENIORS) & FEED-A-PET

Anonymous (2)
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 Loretta Bradley
 Glen Cavin*
 Monica Franklin*
 Knoxville Knox County Council on Aging
 Peter & Fawn Landrum*
 Mountain View United Methodist Women
 Stephen Oliver*
 Jonathan & Mary Woody*
In Honor of Mrs. Harry Caldwell & Roxie
 By Patricia Cowan
In Honor of Jesus Christ
 By Bill Malkes
In Memory of Layla
 By Anonymous
In Memory of Dave Fielder
 By Kenny Johnston

O'CONNOR SENIOR CENTER

In Memory of Frankie Hicks
 By Anonymous
In Memory of Frankie Hicks
 By Anna Higley
In Memory of Frankie Hicks
 By Mary Waggoner

SENIOR COMPANION PROGRAM

Monica Franklin*
 Michelle Garlington

*Denotes monthly recurring donors

SENIOR CENTER OUTREACH

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

Carter Senior Center

May 22 & June 26
10 am- 2 pm

Karns Senior Center

May 1 & June 5
10:30 am - 12:30 pm

Corryton Senior Center

May 14 & June 11
10 am - 2 pm

O'Connor Senior Center

May 16 & June 13
10 am - 12 pm

Halls Senior Center

May 14 & June 11
10 am - 12 pm

South Senior Center

May 2 & June 6
8:30 am - 12 pm

West Senior Center

May 13 & June 10
9 am - 11 am



Call SIR at 865-546-6262

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

THANK YOU, PANCAKE FEST SUPPORTERS!

The O'Connor Center's annual Pancake Fest, held on March 22nd, saw more than 1,000 individuals in attendance, and raised more than \$18,400. These funds will allow us to continue providing the valuable services and programs that our older adults want and need in our community.

We appreciate the support from our elected official, city and county offices, businesses, and community members. Thank you to an amazing volunteer team including members from Akima, AmeriCorps, KUB, RSVP, Top Golf, Volunteer Assisted Transportation (VAT), Walgreens, and many others.

Thank you to all the performers who provided entertainment, and to our Emcee, Hubert Smith. Special thanks to WATE, WBIR and WVLT for their support in promoting and participating in Pancake Fest.

A special thank you to the O'Connor Advisory Board (Greg O'Connor - Chair, Cana Johnson - Vice-Chair, Conya Mull - Secretary, Alan Cheatham, April Tomlin, Harry Sullivan, Herbanna Dyer, Hubert Smith, Jill Shoffner, Kim Olen, Linda Johnson, Mac Wilhoit, Nathan Nease, Pat Green, Rollin Geddes, and Susan Vieira).

PANCAKE FEST DONORS
 Aubrey's Restaurant
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 Dunkin Donuts
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 Party City
 Random Acts of Flowers

Full Stack Sponsors

**NHC Farragut
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ETHRA | Clinch River Home Health
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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, May 6
 11:00 am - 1:00 pm

O'CONNOR SENIOR CENTER

611 Winona St.
Monday, May 6
 2:00 pm - 4:00 pm

MOBILE MEALS KITCHEN/ MALCOLM MARTIN PARK

1747 Reynolds St.
Tuesday, May 7
 3:00 pm - 5:00 pm

Commodities Distribution is a program of CAC Nutrition Services.

CELEBRATING OLDER AMERICANS MONTH: Powered by Connection

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by a federal agency, the Administration for Community Living (ACL), OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities.

This year's theme, "Powered by Connection," focuses on the profound impact that meaningful connections have on the well-being and health of older adults.

It's not just about having someone to chat with. It's about the transformative potential of community engagement in enhancing mental, physical, and emotional well-being. By recognizing and nurturing the role that connectedness plays, we can mitigate issues like loneliness, ultimately promoting healthy aging for more Americans.

Learn more at www.acl.org/oam. Join the conversation on social media using the hashtag #OlderAmericansMonth.

WE HAD A BALL! Snowflake Ball 2024

The Snowflake Ball, a premier annual event in the senior care community, was held on Saturday, February 17th, at Rothchild Catering and Conference Center. 425 people attended this hugely successful fundraiser for the Office on Aging's AmeriCorps Seniors' Senior Companion Program. The evening raised \$133,000 for the program which provides support to independent living older adults.



The evening began with dancing to the Big Band sounds of Swing Time, an 18-piece orchestra. Guests mingled during the silent auction and took photos in a 360° photo booth. Conversation flowed freely during the delicious meal. The King and Queen were crowned after dinner: Crystal Palmer, director of Sales and Marketing for Deane Hill Place, was crowned Snowflake Ball Queen and the Snowflake Ball King was Marcos Garza of Garza Law Firm.



[L to R] Dottie Lyvers, Kim Olen, Carlos Lopez, Dr. Dasha Lundy, Snowflake Ball Queen Crystal Palmer, Snowflake Ball King Marcos Garza, Snowflake Ball Prince Jeff Pell, Snowflake Ball Princess Leila Beyer, Cana Johnson, Jesse Moss, Gabrielle Blake, and Michelle Peckham.

READ BOB'S BLOG at knoxseniors.org



The Office on Aging has its very own blog, with articles of interest specifically for seniors. Topics are wide and varied, and include subjects like what to do after retirement, taking classes, discounts for seniors, and other interesting articles. The blog is published bi-monthly on the knoxseniors.org website. Visit knoxseniors.org today and read the blog here: www.knoxseniors.org/news.

Do you have ideas for blog topics? Send an email to Bob Paroski at bob@wordcrafterscopywriting.com.

**VOLUNTEER ASSISTED
TRANSPORTATION**

JOIN OUR VOLUNTEER TEAM

Provide one-on-one transportation assistance to Knox County seniors and people with disabilities. As a volunteer you will drive them and provide assistance to them at their destinations.

Become a Volunteer Driver!

- Provide support with mobility aids
- Help with paperwork
- Stay with client at destinations
- Program Vehicle and gas provided

"It's More Than Just a Ride!"

VOLUNTEER TODAY

Contact Us
865-673-5001
vat@cactrans.org
www.knoxseniors.org/vat

ELDER NEWS & VIEWS

OFFICE ON AGING DIRECTOR

Dottie Lyvers

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OFFICE ON AGING

KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

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

ELDER NEWS & VIEWS

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

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ELDER NEWS & VIEWS

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DONATE A PURSE, FEED LOCAL SENIORS: **Mobile Meals Seeks Purse Donations for the** **2024 Power of the Purse Fundraiser**

Mobile Meals needs your support for their signature fundraiser, The Power of the Purse, which raises enough support to provide thousands of meals and safety checks for homebound seniors in Knox County.

This event will take place on September 12th at the Rothchild Catering and Conference Center, featuring a purse and jewelry sale, amazing auction items, delicious food and drinks, and a fabulous fashion show. Tickets for Power of the Purse will be available starting July 15 at knoxseniors.org.

To learn more about Power of the Purse, follow Mobile Meals on Facebook @KnoxCountyMobileMeals

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

Donations Needed:

New or like-new purses

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

CAC Ross Building 2247 Western Ave 37921	Mac's Pharmacy 125 S. Peters Rd 37923
Chico's Turkey Creek 11321 Parkside Dr 37934	Lulu's Tea Room 3703 W Beaver Creek Dr 37849
Southern Market 5400 Homberg Dr 37919	

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, a HouseWorks Company
1225 Weisgarber Rd Suite S290, Knoxville, TN 37909

