

ELDER NEWS

MAY/JUNE 2023

VIEWS

OFFICE ON AGING
KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

21st ANNUAL DUNCAN AWARD FOR SENIOR ADVOCACY

Everyone is invited to the 21st annual Duncan Award for Senior Advocacy on Tuesday, May 9, from 4:00 p.m.-6:00 p.m. at The Pavilion at Hunter Valley Farm. This is a fundraising event, with scrumptious hors d'oeuvres provided by Morning Pointe Senior Living, a wine pull, and a presentation of awards to this year's honorees.

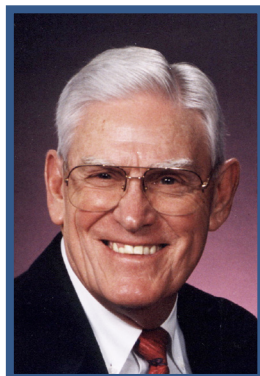
Bob Newman is the Community Award recipient, and Teresa Lawson will receive the Professional Award. Come to hear how each of these senior advocates have had an important impact on the lives of older adults in our community.

Named in memory of John J. Duncan, Sr., the Duncan Award pays tribute to people in our community who uphold the same kind of steadfast support and advocacy of seniors and programs that serve seniors as were exhibited by the late congressman. This signature event benefits the Office on Aging's Senior Information & Referral. Attendees will learn about the meaningful role that Senior Information & Referral plays in the lives of seniors who seek information and help through this valuable resource. The event is free, but donations are appreciated and will be accepted at the door. For more information, call Senior Information & Referral at 865-546-6262.

**Senior
Information
& Referral**

MEET BOB NEWMAN

Community Award Recipient



Bob was born in South Knoxville in 1931. He began his first career in 1949 as a lineman for Bell Telephone Company. In 1952, he enlisted in the Army. He served in Korea, and was awarded the Bronze Star for perfecting a communi-

cation system for his Company. He returned to Southern Bell in Knoxville after his discharge while also attending The University of Tennessee.

During his time at Southern Bell and BellSouth, Bob held many positions including Operations Manager and HR Staffing Manager.

Read more on page 3

MEET TERESA LAWSON

Professional Award Recipient



Born in Alabama and raised in Knoxville, Teresa graduated from Maryville College with a Bachelors degree in Psychology and a minor in Art, with a special interest in American Sign Language. She worked with adults and children with mental illness at

Lakeshore Mental Health Institute. After that, she worked in group home settings. She has served as the Supportive Services Coordinator at The Manor (formerly Bridgeview) since 1998 and was instrumental in moving all of the residents and programs to The Manor at Northgate in 1999.

Read more on page 3



TUESDAY, MAY 9, 2023

4:00 pm - 6:00 pm

**The Pavilion at Hunter Valley Farms
9133 Hunter Valley Lane, Knoxville**

Special thanks to our sponsors!



**This event is free and open to the public.
Donations are greatly appreciated.**

50 IN 50: MOBILE MEALS RECRUITING 50 VOLUNTEERS BY SUMMER

Mobile Meals, Knox County's Meals on Wheels, is recruiting 50 people in 50 days who will commit to volunteering just two hours a month to deliver meals to homebound seniors in Knox County.

"This is a critical time for our program as we prepare for our annual volunteer shortage during the summer months," said Sara Keel, Mobile Meals Community Engagement Manager. "Delivering just once a month would be a huge help to the older adults we serve."

Meal deliveries take place every weekday morning between 10:00 am-1:00 pm. Routes are available in every zip code in Knox County, and friends and family are welcome to join. Call 865-524-2786, email mobilemealsvols@cacnutrition.org, or visit knoxseniors.org to learn how to join the Mobile Meals family of volunteers.



SCAN THE QR CODE
FOR THE MOBILE MEALS
VOLUNTEER APPLICATION



THE COUNCIL ON AGING PRESENTS ALZHEIMER'S & DEMENTIA: TIPS FOR BETTER COMMUNICATION

Thursday, May 11, 2023

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

This program is free and open to the public.



**BETH JANNEY,
RN, MBA**

Communicating with someone who has Alzheimer's disease or a related dementia can be challenging. A family member or friend with dementia may have difficulty understanding you, and you may have a hard time understanding what he or she is trying to communicate. There's potential for misunderstanding, confusion or frustration in both directions — making communication even more difficult. Join us as Beth Janney, RN, MBA gives effective tips on how to best communicate with individuals experiencing dementia.

SNOWFLAKE BALL CELEBRATES CROWNING ACHIEVEMENT

The Senior Companion Program Advisory Council hosted its popular 15th Annual Snowflake Ball on Saturday evening, February 18, 2023. "It was a memorable evening filled with beautiful moments connecting with friends, and celebrating the impact of AmeriCorps Seniors volunteers in our community," said Deisha Finley, CAC Office on Aging Associate Director for Volunteer Management and Special Projects. This year, the Senior Companion Advisory Council was able to mobilize over 1,000 community members, partners, and businesses in their fundraising efforts.

The pinnacle moment of the evening occurred when Matt Crawford from Mac's Pharmacy was crowned as the 2023 Snowflake Ball King and Lorie Lyons from Trustwell Living of West Knoxville was crowned as the 2023 Snowflake Ball Queen. Mike Witcher, from WBIR, was crowned Prince and Whitney Kent, from WVLT, was crowned the Princess. Matt Crawford exceeded the fundraising record by raising \$35,338, and collectively, the nominees raised \$77,000.

The Snowflake Ball was sponsored by Morning Pointe Senior Living, the Senior Companion Advisory Council, and a network of compassionate, committed businesses that value the mission of alleviating isolation and supporting seniors to age in place.



The Snowflake Ball is an annual fundraising event to support the CAC Senior Companion Program. Members from all over the community came together to help raise funds and awareness of this important program. Pictured [L to R]: Mike Witcher, Snowflake Ball Prince, Ben Stiefel, Matt Crawford, Snowflake Ball King, Amelia Parker, Lorie Lyons, Snowflake Ball Queen, Lynsey Chasteen, Whitney Kent, Snowflake Ball Princess.

BOB NEWMAN (CONTINUED)

The Telephone Pioneers organization was important to him and he served as an active member, environmental chairperson, Vice President, and President. He retired after 42 years in 1991.

Bob was very active in the Episcopal Church. Among other things, he served on the Bishop and Council, was Assistant Treasurer of the Diocese of East Tennessee, and served as Lector, Lay Person, Chalice Bearer, and Vestry for many years. He is a 32nd degree Mason, a member of the Kerbel Shrine temple. One of his most fulfilling activities as a Shriner has been to transport children to Lexington and Cincinnati hospitals for treatments. After his retirement from BellSouth, he worked with Long Term Care Insurance, the Better Business Bureau, Williamsburg Senior Living, and Homewatch Caregivers. During this time, he was very active in the senior community and was instrumental in the start-up of the Knoxville Senior Networking Group.

Senior Information & Referral is a program of the CAC Office on Aging.

COMMODITIES DISTRIBUTION

What are commodities?
Commodities are a shelf-stable food program with food resources provided by USDA. Each household will receive 2 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, May 1 10:30 am - 12:30 pm	611 Winona St. Monday, May 1 2:00 pm - 4:00 pm	1747 Reynolds St. Tuesday, May 2 3:00 pm - 5:00 pm

Commodities Distribution is a program of the CAC Nutrition Services.

TERESA LAWSON (CONTINUED)

Teresa is no stranger to the senior services community. She has worn many hats and has served in various capacities throughout her career. Her heart for older adults led her to serve as a site supervisor for the Senior Companion Program, a member of the Senior Information and Referral Advisory Board, a dedicated volunteer for many fundraising efforts such as the Bill Williams Bass Fishing Tournament, raising funds for child advocacy agencies, and many other charitable organizations. She has traveled to Nashville with Leading Age to be a voice on The Hill for the needs of older adults. Teresa is a member of the 2011 graduating class of CAC's Community Leadership program.

While she has retired from her position at The Manor at Northgate, there is no doubt Teresa will continue to advocate, as she always has, for those who cannot advocate for themselves.

Mobile Meals Seeks Donations for the 2023 Power of the Purse Donate a Purse. Feed a Senior.

Mobile Meals needs your support for the grand return of their wildly popular signature fundraiser, The Power of the Purse, which raises over \$60,000 to provide meals and safety checks for homebound seniors in Knox County.

Power of the Purse 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.

Donations needed: New or like-new purses
Drop off purse donations at these locations during normal business hours:

- CAC Office on Aging
2247 Western Ave., 37921
- Chico's Turkey Creek
11321 Parkside Dr., 37934
- Palm Village
4485 Kingston Pike, 37919
- Mac's Pharmacy
125 S. Peters Rd., 37923
- Redbud Kitchen
906 Sevier Ave., 37920
- Lulu's Tea Room
3703 W Beaver Creek Dr., 37849

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

Donations needed: Jewelry

Drop off jewelry donations at:

- East Tennessee Personal Care, an Amedisys Company
9125 Cross Park Dr #100, Knoxville, TN 37923

Reach out to sara.keel@cacnutrition.org with any questions about the Power of the Purse fundraiser.

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



SENIOR INFORMATION & REFERRAL AT O'CONNOR CENTER

Stop by and get answers to your questions!

May 16th, 10 am - 12 pm
June 20th, 10 am - 12 pm

GRANDPARENTS AS PARENTS:

TennCare & CoverKids Renewals have begun!

Don't risk a gap in your health coverage.

Steps you can take to prepare for renewals:

1. Create a free online TennCare Connect account.
2. Verify your contact information using your TennCare Connect account.
3. Open and respond to all mail from TennCare.

AMOS and GAP will be available to assist you in creating a TennCare Connect account and verifying your information with TennCare. Stop by the computer lab at the O'Connor Center (611 Winona St.).



Wednesday, May 10th
11:00 am to 1:00 pm
 &
Wednesday, June 14th
10:00 am to 12:00 pm
No appointment necessary.

Please bring your TennCare Connect account information if you have an account.

Unable to come to the days listed above? Call the AMOS program at 865-524-2786 for an individual appointment.

Grandparent as Parents (GAP), a program of the CAC Office on Aging, offers grandfamilies connection to resources, support groups a Grandparents as Parents Guidebook, a monthly newsletter and more. Any relative caregiver can join GAP and there are no age or income requirements. Call 865-524-2786 and ask for Tracy or Anne for more information.

WORLD ELDER ABUSE AWARENESS DAY IS JUNE 15

WHY WORLD ELDER ABUSE AWARENESS DAY IS IMPORTANT

1. Seniors deserve our respect and our attention

In so many cultures, elders are respected — and rightfully so. Their experiences, memories, and perspective on life are valued for the lessons that younger generations can learn. And if older people aren't encouraged to pass along the skills and wisdom they have accumulated during their lives, then the culture suffers. We owe it to older generations to ensure that their so-called Golden Years are not tarnished by neglect.

2. Older adults may be unable to advocate for themselves

Many seniors are not in a place to stand up for themselves, whether it's because they're physically frail or because they're scared of speaking up and fear repercussions. It's crucial for all of us to be on the lookout for signs of elder abuse, and to speak up if something seems wrong.

3. It reminds us to look out for each other

It's easy to see bad things and not say anything—whether that's elder abuse or a mugging on the street. But this holiday reminds us just how important it is to look after, and look out for our elders. It reminds us to exercise compassion daily, and care about others rather than just ourselves.

World Elder Abuse Awareness Day (WEAAD) was launched on June 15, 2006 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.

For more information on WEAAD, visit www.ncea.acl.gov.

PLAY BALL! KNOX SENIOR CO-ED SOFTBALL LEAGUE WANTS YOU!

Tuesdays & Thursdays, 9 am–11 am
Now through October 2023

Located in Caswell Park, just off of Hall of Fame Drive, across Winona Street from O'Connor Senior Center.

- Sign-up at any game
- Ages: Men 60+ & Women 50+
- Slow-pitch
- Relaxed competition
- Everyone plays and bats each inning
- No strikeouts
- Your attendance can vary with your schedule

Cost: \$10 for park maintenance

Join us for exercise, fun, and fellowship!

Contact: O'Connor Senior Center at 865-523-1135 or 865-424-0933 (leave a message).
 Email: knoxseniorcoedsoftball@gmail.com



Knoxville Senior Coed Softball



O'CONNOR CENTER SCHEDULE MAY & JUNE

Classes and safety precautions are subject to change. Please visit our Facebook page (facebook.com/oconnorseniorcenter) or call us at 865-523-1135 for a list of current programming as activities may have been added after the time of calendar submission for this publication.

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 and virtual activities!

The O'Connor Senior Center will be closed on Monday, May 29 for Memorial Day & Monday, June 19 for the Juneteenth 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.

Happy Hikers: Thursdays. Newcomers are always welcome; please email Tracy Hunter at tracy.tolley.hunter@gmail.com or call the Center for additional information if you are interested in participating in a hike.

Knoxville Comprehensive Breast Center Mammogram Van: Make an appointment in advance by calling KCBC at 865-583-1003.

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

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

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

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

Thursday Walkers: This group, a part of the Happy Hikers, meets in the community at parks and greenways to get in their exercise, enjoy the outdoors, and fellowship. Currently in search of a volunteer to help lead walks. For information, call Nurse Claudia at 865-523-1135.

Toenail Clipping Clinic by Appointment Only: Cost is \$12. Call 865-523-1135 to schedule an appointment.

Yoga: Cost is \$3. This class is adaptive for all participation levels. Taught by Susan French, ACE Group Fitness Instructor Certified by the National Commission for Certifying Agencies.

Artist and Crafter's Window, May 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 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 at 12:30 pm. Enjoy a game of cards, Rummikub, or a relaxed table game with new friends! Instruction available.

Commodities Distribution: Commodities are a shelf stable food program with food resources provided by USDA. Each household will receive 2 bags of food. Any low-income Knox County resident providing proof of residency with name & address (ID card, KUB bill, etc.) upon pick-up. One distribution per household. No sign-up necessary. Just go to pick-up location with your proof of Knox County residency and self-declaration of income will be required.

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 - May 8, May 22, June 12, and June 26. Classes for aspiring and experienced writers. There is a story in all of us! Call for more information.

Dance:

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

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

ELDER NEWS & VIEWS


MAY 2023 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
1 9:30 Open Sewing 10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi for Arthritis 12:00 Yoga 1:00 BINGO 2:00 Commodities Distribution	2 8:30 SAIL Exercise 9:30 Singing Seniors Practice 11:00 Advanced Arthritis Exercise 11:00 Beginner French 11:00 Italian 12:30 Cards & Games 1:30 Intro to Line Dancing 2:00 Beginner Ballroom Dancing	3 9:00 Toenail Clipping Clinic 10:00 Qigong 10:30 Beginner Spanish 12:00 Yoga	4 8:30 SAIL Exercise 9:00 Knitting and Crocheting 10:00 Happy Hikers 10:00 Thursday Walkers 11:00 Adv. Arthritis Exercise 11:00 Beginner German 12:30 Cards & Games	5 9:00 Ping Pong 1:00 Jam Band 1:00 Fun Film Friday
8 9:30 Beginner Sewing 10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi for Arthritis 12:00 Yoga 1:00 BINGO	9 8:30 SAIL Exercise 9:30 Singing Seniors Practice 11:00 Adv. Arthritis Exercise 11:00 Beginner French 11:00 Italian 12:30 Cards & Games 1:30 Intro to Line Dancing 2:00 Beyond Ballroom Dancing	10 10:00 Qigong 10:30 Beginner Spanish 11:30 Artist & Crafter's Window Mtg 12:00 Yoga	11 8:30 SAIL Exercise 9:00 Knitting and Crocheting 10:00 Happy Hikers 10:00 Thursday Walkers 11:00 Adv. Arthritis Exercise 11:00 Beginner German 12:30 Cards & Games	12 9:00 Ping Pong 12:00 Flower Lovers 1:00 Jam Band 1:00 Fun Film Friday
15 9:30 Open Sewing 9:30 Creative Writers 10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi for Arthritis 12:00 Yoga 1:00 BINGO	16 8:30 SAIL Exercise 9:30 Singing Seniors Practice 10:00 Plant Propagation Workshop 11:00 Adv. Arthritis Exercise 11:00 Beginner French 11:00 Italian 12:30 Cards & Games 1:30 Intro to Line Dancing 2:00 Beginner Ballroom Dancing	17 9:00 Toenail Clipping Clinic 10:00 **NEW** Morning Painting 10:00 Qigong 10:30 Beginner Spanish 12:00 Yoga 12:30 **NEW** Afternoon Painting	18 8:30 SAIL Exercise 9:00 Knitting and Crocheting 10:00 Happy Hikers 10:00 Thursday Walkers 11:00 Adv. Arthritis Exercise 11:00 Beginner German 12:30 Cards & Games 1:00 Singing Seniors Spring Concert	19 9:00 Ping Pong 1:00 Jam Band 1:00 Fun Film Friday
22 9:30 Beginner Sewing 10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi for Arthritis 11:30 Lunch & Learn: Types of Hearing Loss 12:00 Yoga 1:00 BINGO	23 8:30 SAIL Exercise 9:30 Singing Seniors Practice 11:00 Adv. Arthritis Exercise 11:00 Beginner French 11:00 Italian 12:30 Cards & Games 1:30 Intro to Line Dancing 2:00 Beyond Ballroom Dancing	24 10:00 **NEW** Morning Painting 10:00 Qigong 10:30 Beginner Spanish 12:00 Yoga 12:30 **NEW** Afternoon Painting 1:00 "Man of the Year" Silver Stage Players Performance	25 8:30 SAIL Exercise 9:00 Knitting and Crocheting 10:00 Happy Hikers 10:00 Thursday Walkers 11:00 Adv. Arthritis Exercise 11:00 Beginner German 12:30 Cards & Games	26 9:00 Ping Pong 1:00 Jam Band 1:00 Fun Film Friday
29  CENTER CLOSED HAPPY MEMORIAL DAY!	30 8:30 SAIL Exercise 9:30 Singing Seniors Practice 11:00 Adv. Arthritis Exercise 11:00 Beginner French 11:00 Italian 12:30 Cards & Games 1:30 Intro to Line Dancing 2:00 Open Ballroom Dancing	31 9:00 Toenail Clipping Clinic 10:00 **NEW** Morning Painting 10:00 Qigong 10:30 Beginner Spanish 12:00 Yoga 12:30 **NEW** Afternoon Painting		

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 10:30 Blood Pressure Checks 10:00 Basic Arthritis Exercise 10:00 French 10:00 Taoist Tai Chi Set Practice 11:30 Painting Open Studio 12:30 SAIL Exercise TECH TUTORING BY APPT.	8:30 Billiards Room Open 10:30 Blood Pressure Checks 10:00 Concert Band 10:00 Morning Painting 11:00 Jazz Band 12:30 Afternoon Painting 12:30 Texas Hold 'Em 1:30 Beginner Line Dancing TECH TUTORING BY APPT.	8:30 Billiards Room Open 8:30 Blood Glucose Checks 10:00 Basic Arthritis Exercise 10:30 Blood Pressure Checks 10:00 Taoist Tai Chi Set Practice 12:30 SAIL Exercise	8:30 Billiards Room Open 10:00 Wood Carvers 10:30 Blood Pressure Checks 11:00 Advanced Spanish 11:00 Silver Stage Players Rehearsal

ELDER NEWS & VIEWS
JUNE 2023 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
			1 8:30 SAIL Exercise 9:00 Knitting & Crocheting 10:00 Happy Hikers 10:00 Thursday Walkers 11:00 Adv. Arthritis Exercise 11:00 Beginner German 12:30 Cards & Games	2 9:00 Ping Pong 1:00 Jam Band 1:00 Fun Film Friday
5 9:30 Creative Writers 9:30 Open Sewing 10:00 Greenhouse Open 10:00 Mahjong 10:00 Sewing 10:00 Tai Chi for Arthritis 11:30 Active Shooter Training 12:00 Yoga 1:00 BINGO	6 8:30 SAIL Exercise 9:30 Singing Seniors Practice 11:00 Adv. Arthritis Exercise 11:00 Italian 12:30 Cards & Games 1:30 Intro to Line Dancing 2:00 Beginner Ballroom Dancing	7 9:00 Beginner Quilting 9:00 Toenail Clipping Clinic 10:00 Qigong 10:30 Beginner Spanish 12:00 Yoga 1:00 Intermediate Quilting	8 8:30 SAIL Exercise 9:00 Knitting & Crocheting 10:00 Happy Hikers 10:00 Thursday Walkers 11:00 Adv. Arthritis Exercise 11:00 Beginner German 12:30 Cards & Games	9 9:00 Ping Pong 1:00 Jam Band 1:00 Fun Film Friday
				10 7:00 pm SATURDAY NIGHT DANCE
12 9:30 Beginner Sewing 10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi for Arthritis 12:00 Yoga 1:00 BINGO	13 8:30 SAIL Exercise 9:30 Singing Seniors Practice 11:00 Adv. Arthritis Exercise 11:00 Italian 12:30 Cards & Games 1:30 Intro to Line Dancing 2:00 Beyond Ballroom Dancing	14 10:00 Qigong 10:30 Beginner Spanish 12:00 Yoga	15 8:30 SAIL Exercise 9:00 Knitting & Crocheting 10:00 Happy Hikers 10:00 Thursday Walkers 11:00 Adv. Arthritis Exercise 11:00 Beginner German 12:30 Cards & Games	16 9:00 Ping Pong 1:00 Jam Band 1:00 Fun Film Friday
CENTER CLOSED  JUNETEENTH Celebrate Freedom JUNE 19	20 8:30 SAIL Exercise 9:30 Singing Seniors Practice 11:00 Adv. Arthritis Exercise 11:00 Italian 12:30 Cards & Games 1:30 Intro to Line Dancing 2:00 Beginner Ballroom Dancing	21 9:00 Beginner Quilting 9:00 Toenail Clipping Clinic 10:00 Qigong 10:30 Beginner Spanish 12:00 Yoga 1:00 Intermediate Quilting	22 8:30 SAIL Exercise 9:00 Knitting & Crocheting 10:00 Happy Hikers 10:00 Thursday Walkers 11:00 Adv. Arthritis Exercise 11:00 Beginner German 12:30 Cards & Games	23 9:00 Ping Pong 1:00 Jam Band 1:00 Fun Film Friday
26 9:30 Beginner Sewing 10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi for Arthritis 11:30 Lunch & Learn:"Big Therapy" 12:00 Yoga 1:00 BINGO	27 8:30 SAIL Exercise 9:30 Singing Seniors Practice 11:00 Adv. Arthritis Exercise 11:00 Italian 12:30 Cards & Games 1:30 Intro to Line Dancing 2:00 Beyond Ballroom Dancing	28 10:00 Qigong 10:30 Beginner Spanish 12:00 Yoga	29 8:30 SAIL Exercise 9:00 Knitting & Crocheting 10:00 Happy Hikers 10:00 Thursday Walkers 11:00 Adv. Arthritis Exercise 11:00 Beginner German 12:30 Cards & Games	30 9:00 Ping Pong 10:00 Chair Volleyball 1:00 Jam Band 1:00 Fun Film Friday

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 10:30 Blood Pressure Checks 10:00 Basic Arthritis Exercise 10:00 French 10:00 Taoist Tai Chi Set Practice 11:30 Painting Open Studio 12:30 SAIL Exercise TECH TUTORING BY APPT.	8:30 Billiards Room Open 10:30 Blood Pressure Checks 10:00 Concert Band 10:00 Morning Painting 11:00 Jazz Band 12:30 Afternoon Painting 12:30 Texas Hold 'Em 1:30 Beginner Line Dancing TECH TUTORING BY APPT.	8:30 Billiards Room Open 8:30 Blood Glucose Checks 10:00 Basic Arthritis Exercise 10:30 Blood Pressure Checks 10:00 Taoist Tai Chi Set Practice 12:30 SAIL Exercise	8:30 Billiards Room Open 10:00 Wood Carvers 10:30 Blood Pressure Checks 11:00 Advanced Spanish 11:00 Silver Stage Players Rehearsal

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

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

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

Saturday Night Dance: Cost is \$8.00

Dine-a-Mite Diner: 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, at 865-640-5700 for more information and additional meeting times. 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 (Beginner): Tuesdays at 11:00 am. New introduction to French class beginning March 7. Sign up by calling (865) 523-1135.

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 at 11:00 am. Interested in learning or practicing the German language? Join this new class beginning Thursday, April 6.

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.

Italian: Tuesdays. Beginners are welcome! We cover language, culture, and history. Call the Center for more information.

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

Jam Band: Fridays. Any type of musician or genre is

welcome to play or just hangout and listen with this chill and eclectic group!

Knitting & Crocheting: Thursdays. Meet new friends and enjoy crocheting in this low key and social sewing circle. Crochet may be a good alternative for crafters who have set aside more intricate crafts due to vision loss or loss of mobility in the hands. Bring your own craft to work on; instructions and advice provided for beginners and newcomers are always welcome!

Library: The O'Connor Center Community Library is open! Volunteers organize, sort, and shelve all books. Feel free to stop by and peruse the collection. All of the books in our library are donations. We can use books that are in good condition. Large print books are needed- mysteries, novels and non-fiction. Donations must be hardback and are accepted during business hours. Books can be dropped off at the front desk or the library hallway.

Lunch & Learn: If you are always looking to increase your knowledge and learn something new, this is the program for you! We will be featuring an educational speaker once a month to talk on topics that are pertinent to you. Call ahead to register. Diner lunch is provided and donations are appreciated. **Monday, May 22 at 11:30 am – Types of Hearing Loss** – Many people older than 75 have some type of hearing loss. Lindsay Stone, from Family Hearing Center, will discuss the symptoms and causes of the two types of hearing loss. She will, also, discuss how to get relief from tinnitus. **Monday, June 5 at 11:30 am – Active Shooter Training.** Active shooter situations are unpredictable and evolve quickly. Join us as Pete Garza, retired Chief of Knox County Sheriff's office, will teach the different things you can do to keep yourself and others safe in an active shooter attack. **Monday, June 26 at 11:30 am - "Big Therapy"** – Courtney Irons, Physical Therapist with UT's Brain & Spine Rehab Program, will talk about "Big Therapy", a program designed specifically for people with Parkinson's Disease to use their body in normal motions. This program provides specific training to improve activity whether it is getting dressed, walking, or other activities of daily living.

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. Join us at 9:00 am for an active and fun game of table tennis! Beginners and experts are all welcome. We'll play games of single players or bring a friend to play doubles.

Spanish: Beginner – Wednesdays. Hola! We'll be guided by "Madrigal's Magic Key to Spanish", an accessible and affordable basic textbook. Call the Center at 865-523-1135 to sign up or express interest. Advanced – Fridays. Class is conversational.

Sewing: Every other Monday. Learn machine sewing techniques on small, easy, and useful crafts in this instructed sewing class. Beginners welcome! Space is

limited; please call to reserve a spot or express interest.

Silver Stage Players Presents "Man of the Year" on Wednesday, May 24, at 1:00 p.m. Be delighted and entertained at the original production of the Spring Performance of the famous Silver Stage Players!

Singing Seniors Spring Concert: Thursday, May 18, at 1:00 pm. Listen to the sweet melodic tunes of the talented O'Connor Singing Seniors!

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 Tuesdays and Thursdays, April through October, at Caswell Park. Our non-competitive league plays for fun and exercise. All skill levels welcome. Cost: \$10 for whole season. Call 865-424-0933.

Technology Tutoring: Available one-on-one appointments on Tuesdays and Wednesdays for computer questions and answers. Please call to schedule an appointment with our volunteers. Tech volunteer needed! Currently seeking volunteers to help our seniors navigate the technological world. No need to be an expert; if you're tech savvy and patient call us at 865-523-1135. All ages are encouraged to apply!

Texas Hold 'Em: Wednesdays. Enjoy fellowship and competition with experienced and inexperienced card players; newcomers welcome!

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

LIKE A BOSS!

Congratulations to O'Connor Advisory Board member, Cana Johnson, winner of the 2023 Pancake Boss Spatula Award. She raised the most to support Pancake Fest.

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 November and December 2022.

MOBILE MEALS

Anonymous (27)
Alpha Circle of the Beaver Creek
Cumberland Presbyterian Church
Diana Amann
Bob Andres
Jeffrey Austin
Auto-Owners Insurance Company
Mrs. Kam Bates
Beaver Creek Cumberland
Presbyterian Church
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Craig Thompson
Michael Unseren
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Eric & Elaine Zeanah

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HONOR OF

In Honor of Peggy Bradbury
By Dennis Bradbury
In Honor of Kenneth "Kenny" Butler
By Mrs. Doris Butler
In Honor of Gordon Thomas
By Charles & Wilma Chadwell
*In Honor of Gregory Brown, Evelyn
Brown, & Kenneth Brown Sr.*
By Amelia Crotwell & Mike Mailahn
In Honor of Margaret Huffaker
By Allan & Donna Ellstrom
In Honor of June Trbovich
By Anna Haese
In Honor of Dr. Ty Kirby
By Dr. Robert N Montgomery M.D.
In Honor of Katelyn Mull
By Katelyn Mull
*In Honor of Nic, Penny, & Matthew
Arning*
By Bill & Janet Osteen
In Honor of Kevin Denning
By Buddy & Judith Pelot
In Honor of Vicky Gardner
By Carl & Mary Porter
In Honor of Mr. Shank Kothare
By Becky Ripley
In Honor of Jerry Lasley
By Clyde B. Senviel
*In Honor of Robert & Margaret
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By Allan & Pat White

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Harold & Evelyn Clemmons
Eileen Combs
Norma Cox Cook
Catherine Cooper
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Zara Dewhirst
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MEMORY OF

In Memory of Mildred Morvant
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By Anonymous
In Memory of Kenneth Crowell Roberts
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By Bob and Nancy Bell
In Memory of Peggy Bradbury
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In Memory of Mary Mazzola
By Ms. Maria A. Brelsford
In Memory of Robert D. Hall
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*In Memory of Jack McCrary &
Terry McCrary*
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In Memory of Charles & June Glasscock
By Mr. Mark Glasscock
In Memory of Robert Marsh
By Julia Harkins
In Memory of Arnold Jones
By Edward Jones

MOBILE MEALS IN
MEMORY OF (continued)

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By Kathy Acuff
In Memory of Dr. Lois Dickey
By Janice Kidd & Richard Woods
In Memory of James E. Murphree
By N. Scott Kuderly
In Memory of Jean Butler
By Fred & Liz Melloy
In Memory of Wanda Monday
By Stephen Monday
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By Buddy & Judith Pelot
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In Memory of Bob Adams
By Sevier Heights Baptist Church
In Memory of Anthony A. Kattine, M.D.
By Dr. Stuart Van Meter
In Memory of Jason Randall Webb
By Scott Webb
In Memory of Bob Sells
By Robin Wilhoit

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 January and February 2023.

OFFICE ON AGING

Anonymous (1)
Ron Allison
Rose Burgett
Sheri Doubrrley

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AS PARENTS

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The Compass Group
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SENIOR COMPANION
PROGRAM

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David Hunt
Heather Osborne
Vista Points Special Needs Trust

DAILY LIVING CENTER

Monica Franklin



Citizens
INSURANCE SOLUTIONS

Mobile Meals would like to thank Citizens Insurance Solutions for being this year's Volunteer Appreciation sponsor, helping us thank the dedicated volunteers that deliver meals and provide daily safety checks to homebound seniors in Knox County.

CELEBRATING CENTENARIANS

The Office on Aging's Senior Information & Referral program celebrates centenarians during Older Americans Month in May.

World War II Veteran and centenarian Fred Webb recieved flowers and a Food City gift card, thanks to Random Acts of Flowers and Food City. Mr. Webb credits his longevity to staying physically active and engaged. He rides his stationary bicycle 5 miles a day, 7 days a week.

If you know a centenarian who you would like to be honored, contact the Senior Information & Referral office with their name and contact information.

Senior
Information
& Referral

865-546-6262



World War II Veteran and centenarian Fred Webb received flowers and a Food City gift card, thanks to Random Acts of Flowers and Food City.

ELDER NEWS & VIEWS

OFFICE ON AGING DIRECTOR

Dottie Lyvers

EDITOR

Rachel Kraft

Knoxville-Knox County CAC Office on Aging
The Ross Building, 2247 Western Avenue P.O. Box 51650
Knoxville, TN 37950-1650
Phone: (865) 524-2786 • Fax: (865) 546-0832
knoxooa@knoxseniors.org • www.knoxseniors.org

GET VACCINATED. STAY VACCINATED.



The CAC Office on Aging has received a grant from the National Council on Aging to provide free 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, their first or second COVID-19 shot, or a booster shot.

If you have not been vaccinated for the flu or COVID-19, we hope you will take this opportunity to do so. Getting vaccinated not only protects you from the likelihood of illness, but it also protects others in our community, especially those who may be immunocompromised.

For information about vaccine clinics available in Knox County, please visit our website at knoxseniors.org.



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.

MAY IS OLDER AMERICANS MONTH!
Learn more at <https://acl.gov/oam>

SENIOR JOB FAIR FOR EVERYONE 50+

Wednesday, May 10 | 9 am - 11 am
O'Connor Senior Center | 611 Winona St.

Are you an older adult seeking employment? Are you retired and want to re-join the workforce? If so, you should attend the Senior Employment Service's Senior Job Fair.

Employers who want to hire older adults will be on hand to discuss full-time and part-time employment opportunities in fields such as clerical, retail, service industry, home health care, hospitality industry, and more! Grab copies of your resume and find the right job opportunities you've been looking for. Questions? Call the Senior Employment Service at 865-524-2786.

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

SPECIAL THANKS TO OUR 2023 PANCAKE FEST SPONSORS!

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Lee Willis
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Ron Collins & Circle of Friends
O'Connor Jam Band

RSVP ADDS NEW PARTNERS

The Retired & Senior Volunteer Program (RSVP) recognizes and promotes the wisdom and experience of seniors who volunteer. We support and match over 300 volunteers age 55 and older who make a difference by helping neighbors in need.

We match volunteers with 20+ community partners. Our list of volunteer opportunities is always growing!

RSVP has just added Beardsley Community Farm as a partner. This will result in more volunteer support for this incredible CAC program, while also giving RSVP volunteers more ways to get involved. Whether you are a Master Gardener or an amateur looking to learn more, volunteering at Beardsley is a way to give back while growing - no green thumb required! Choose where and when you want to serve. Put existing skills to use, or develop new interests. Current RSVP stations include all local senior centers as well as:

Affordable Medicine Options
for Seniors
Alzheimer's Tennessee
Arts & Culture Alliance
Beardsley Community Farm
Daily Living Center
Gentiva Hospice
Grandparents as Parents
Knox County Museum
of Education

Office on Aging Benefits &
Information
Senior Care Calls
Senior Miles (SMiles) - Blount County
South Knoxville Community Center
Tech Smart Knox Seniors
Visit Knoxville
Volunteer Assisted Transportation (VAT)
Volunteer Income Tax Assistance (VITA)

To join RSVP or help at Beardsley Farm, call 865-524-2786 or email rsvp@knoxseniors.org



**CAC BEARDSLEY
COMMUNITY FARM**



**AmeriCorps
Seniors**

**Retired & Senior
Volunteer Program**

OFFICE ON AGING

KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

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

ELDER NEWS & VIEWS

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

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

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THE COUNCIL ON AGING PRESENTS

HOW TO USE YOUR VOICE TO INFLUENCE CHANGE

WITH **CAROLE R. MYERS, PHD, RN, FAAN**

Thursday, June 8, 2023

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

This program is free and open to the public.



CAROLE R. MYERS

Using your voice is the best way to ignite change. This is how you express your passions, your beliefs, and push for the change that you want to see in the world. But where do you start? Join us as Carole R. Myers, PhD of the University of Tennessee College of Nursing teaches us the ins and outs of advocating for yourself and your peers and making the world a better place.

Carole R. Myers, PhD, RN, FAAN is a Professor Emerita in the University of Tennessee College of Nursing. Myers is the creator and co-host of HealthConnections, a bi-weekly radio show featured on WUOT-FM, the Knoxville NPR-affiliate. HealthConnections focuses on issues related to people, health, and policy.