

ELDER NEWS

MARCH/APRIL 2018



GRANDPARENTS AS PARENTS

PROGRAM PROVIDES VALUABLE INFORMATION FOR RELATIVE CAREGIVERS

Are you the primary caregiver for your grandchildren? Do you feel alone in your journey of “parenting again”? The Grandparents as Parents (GAP) program offers day and evening educational support classes. Come and meet others who are parenting for a second time.

The day support group meets the last Tuesday of the month at the L.T. Ross Building, 2247 Western Avenue from 10 a.m. to noon. The next support group meeting will be on March 27, 2018, with Joy Gaertner’s presentation “Grandparent Grief”. On April 24th, Amy Dever from UT Extension will present “Healthy Foods = Healthy Children.”

The evening support group will convene at First Baptist Church, 510 West Main Street on March 7, 2018. A wonderful dinner is provided for families at 5 p.m. and is FREE for GAP participants. The program begins at 6 p.m. Child care and youth programs will be provided. Attorney Dennis Francis, who is also a grandparent raising a grandchild, will share information for grandparents and other relative caregivers with his presentation “Cutting Through the Red Tape: Guardianship, Custody & Adoption.”

All programs are free and open to everyone. For more information about the GAP programs, support group meetings, *Grandparents Guidebook*, or to speak with the GAP Manager, please call 865-524-2786. ■

VIEWS

OFFICE ON AGING
KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

MOBILE MEALS CELEBRATES THE 6TH ANNUAL MARCH FOR MEALS

CAC Mobile Meals participates in the national **March for Meals** campaign, which is an annual month-long event designed to generate public awareness about senior hunger and isolation. Mobile Meals celebrates the services they provide to local seniors such as home-delivered and congregate meals. Additionally, this annual campaign showcases the successes of the Older Americans Act, helps recruit new volunteers from our community, and increases awareness.



On Friday, March 23, Community Champions such as local mayors, County Commissioners, City Council Members, and other elected officials will gather at the Mobile Meals Kitchen to pair up with volunteers and deliver meals to Mobile Meals clients.

Five days a week, more than 100 volunteers deliver hot, nutritious meals to more than 900 homebound seniors in Knoxville and Knox County. Just as important, volunteers provide a daily safety check to make sure the seniors are comfortable and safe in their homes.

Are you interested in volunteering with Mobile Meals? We need you! Call Shelly Woodrick at 865-524-2786 or email her at shelly.woodrick@knoxseniors.org. ■

DON'T FORGET PANCAKE FEST!

Friday, March 2 • 7 a.m. – 1 p.m.
O'Connor Senior Center • 611 Winona St.

\$5 All-You-Can-Eat pancakes,
sausage, and beverages to benefit
the O'Connor Senior Center.

MEET OUR BLOGGER, BOB PAROSKI

Bob Paroski has been fortunate. Throughout his life he has had many different life experiences and has learned from each of them. He really enjoys



Bob Paroski

working with people and helping them any way he can. Frequently he uses what he has learned from his own experiences to aid him here. As the writer of the blog for the Office on Aging, his main goal is to find those things important to older people here in East Tennessee and to tell them about these things in interesting ways.

His posts have ranged from discounts available for older people, to mass

transportation options available to them, to the importance of having a will, to sharing a life story with their children and grandchildren and to things they may want to do in their free time.

Bob moved to Knoxville from Illinois in the summer of 2016. When people ask him what brought him to Tennessee, they're caught off guard when he says "Mountains."

An unexpected bonus for Bob was how nice the people are here in Knoxville and East Tennessee. He appreciates their helpfulness and friendliness. Currently, he spends quite a bit of his free time hiking and camping. In 2018, he is getting back into fly fishing for trout.

Bob's wife, Donna, died from cancer in 2014. He has a daughter and son-in-law in Michigan and a daughter in Illinois and 2 grown grandchildren. ■

NOURISHING CHANGE PROGRAM TO BENEFIT KNOX PAWS

The Knox PAWS (Placing Animals With Seniors) program has been selected as the recipient of Three Rivers Market's Nourishing Change program throughout the month of May. Shop at Three Rivers Market anytime in May and round up your grocery bill to the nearest dollar at the register to support Knox PAWS. All proceeds will go directly to Knox PAWS to care for their clients' adopted pets. A little change goes a long way.

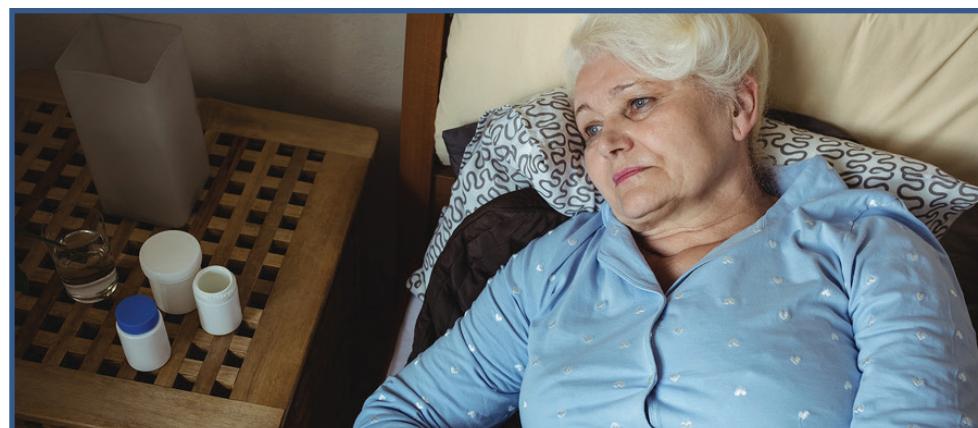
Three Rivers Market, Knoxville's Community Food Co-op, is located at 1100 N. Central Street in the Happy Holler neighborhood. Open daily from 9 a.m. – 10 p.m. ■



DOC, WHY CAN'T I SLEEP LIKE I USED TO?

Have you noticed that your sleep has changed as you have gotten older? Some changes in our sleep are normal, but others may be the result of a sleep disorder. Dr. Dewey McWhirter will discuss symptoms of common sleep disorders and what you can do to treat them and improve your sleep.

Dr. McWhirter is a 2002 graduate of the Medical University of South Carolina School of Medicine with post graduate training at both the Emory University-School of Medicine as well as the Cleveland



Clinic. Over the past decade he has provided Sleep Medical Director, Lab and clinic services to our local community as well as many other locations throughout the East Tennessee area. ■



March Council on Aging and Seniors for Creative Learning

When: Thursday, March 8
2:30 p.m.

Where: O'Connor Senior Center,
611 Winona St.

FREE TAX PREPARATION AT O'CONNOR SENIOR CENTER

AARP Tax Foundation Provides Free Tax Preparation for Seniors at the O'Connor Senior Center

Doors at the Center open at 8 a.m. Please enter at the front desk and request a card with a number—you will be directed to the room where taxes are being prepared and your name will be added to the list when you reach that room. (Couples filing jointly only get 1 number.)

When: Wednesdays
(only) beginning
February 7, 2018, and
ending April 11, 2018

Your name will be added to the preparation list when you arrive and clients will be seen in the order they arrive.

In order to see all clients in the allotted time, the list will be cut off when the maximum number for the day is reached. (Usually about 50—depending on the number of preparers available that day.)

Taxes are prepared from 9 a.m. until 4:30 p.m., however, the service is first come, first served.

Additional info: How long you have to wait depends on how many people are ahead of you and how complicated those returns are. If you do not plan to arrive at 8 a.m., you may want to call the Center at 8:30 a.m. to see how many numbers are left. ■

TO HAVE YOUR TAXES PREPARED YOU MUST HAVE:

- Photo I.D. required for all taxpayers
- Social Security cards or other official documentation for yourself and all dependents
- W-2 forms from all employers
- Unemployment compensation statements
- SSA-1099 form showing the total Social Security benefits paid to you for the year, or Form RRB-1099, Tier 1 Railroad Retirement benefits

- 1099 forms reporting interest (1099-INT), dividends (1099-DIV), proceeds from sales (1099-B), as well as documentation showing the original purchase price of your sold assets
- 1099-R form if you received a pension, annuity, or IRA distribution
- 1099-Misc forms
- Information about other forms of Income
- Last year's tax return(s) is very helpful
- Checkbook if you want to direct deposit any refund(s)

Health Insurance

- Form 1095A if you purchased through Marketplace (Exchange)
- Any exemption correspondence from the Marketplace (if applicable)

Free Tax Preparation from Volunteer Income Tax Assistance (VITA) is also available at the L.T. Ross Building (2247 Western Ave.) with some night and weekend hours. Call 2-1-1 for a complete schedule.

DO YOU KNOW A CENTENARIAN?

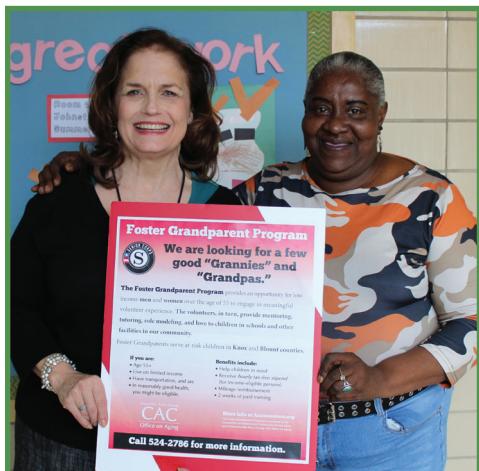
In celebration of Older Americans' Month in May, the Office on Aging is partnering with AARP to coordinate a special tribute to area centenarians. Volunteers will visit citizens who have reached the age of 100-plus and present them with a beautiful rose in a vase. The list of Knox County centenarians is growing! In May 2017, SIR and AARP honored 38 centenarians in Knox County. If you know of someone who is 100-plus years of age, call Senior Information & Referral at 546-6262. We will need the name, address, birthdate, contact person, and phone number for each centenarian. All information will be kept confidential. ■

ARE YOU ELIGIBLE FOR SNAP?

- Supplemental Nutrition Assistance Program (SNAP) is a primary source of nutrition for many people.
- In a typical month of 2017, SNAP helped about 42 million Americans afford a nutritious diet.
- While SNAP provides only a modest benefit—it forms a critical foundation for the health and well being of Americans, lifting millions out of poverty and improving food security for many of us. Studies have concluded that SNAP is linked with improved nutritional outcomes and lower health care costs. Many older adults are unaware that they qualify for SNAP, especially with medical expense deductions.
- This invitation is for you to stop wondering if you are eligible. Just call the office on Aging at 865-524-2786 to speak with the SNAP representative. It's a SNAP to apply from the comfort of your home by telephone. ■



NOW RECRUITING FOR FOSTER GRANDPARENTS



Gina Whitfield, Foster Grandparent program manager, and Marilyn Mathis, Foster Grandparent

The Office on Aging’s Foster Grandparent Program is looking for a few good “Grannies” and “Grandpas.” The program provides opportunities for low-income persons age 55 or over to extend supportive services in health and education welfare settings to children having special or exceptional needs. The Foster Grandparent Program is a mentorship program, not part of the fostering system.

Foster Grandparents are assigned to serve in public schools, after-school programs, Head Start programs, and day care centers. They provide emotional support, mentoring, tutoring, and tender loving care and assist in the development of motor skills, self care, learning skills, and independence.

Participants receive a tax-free hourly stipend, transportation mileage, paid orientation and ongoing training, and recognition events.

A Foster Grandparent

- Is in good physical and mental health
- Is able to meet income guidelines
- Is willing to serve 20-40 hours a week
- Is capable of serving children with special needs
- Can pass a background check

If you are interested in becoming a Foster Grandparent, call Gina Whitmore at 865-524-2786 or email gina.whitfield@knoxseniors.org. ■

2018 SNOWFLAKE BALL: A NIGHT OF BIG MEMORIES

Over 350 individuals gathered to enjoy an evening of entertainment with live music, catered dinner, silent auction, and dancing to support the CAC Senior Companion Program. Special guest Dino Cartwright with WVLT emceed the event and the Al Curtis Orchestra played beautiful music that kept toes tapping and dancers swinging and swaying on the dance floor.

The highlight of the event was the crowning of the 2018 Snowflake Ball King and Queen. A group of 6 King and Queen Nominees raised \$23,000 through individual fundraising efforts. Nominees included:

- April Tomlin**
Knox County Senior Services
- Madison Wright**
The Pointe at Lifespring Senior Living
- Rebecca Swingle**
Elmcroft of West Knoxville
- Kevin Frazier**
Frazier's Carpet One
- Lamar Jackson**
Amedisys Home Health
- Larsen Jay**
Random Acts of Flowers



Kevin Frazier with Frazier’s Carpet One and Madison Wright with The Pointe at Lifespring Senior Living

A SPECIAL THANKS TO OUR SPONSORS.

PLATINUM SPONSORS

- Mac’s Pharmacy
- The Pointe at Lifespring
- Senior Financial Group
- Vista Points Special Needs Trust

- Summit View of Farragut
- The Lantern at Morning Pointe at Clinton

SILVER SPONSORS

- Avalon Hospice
- Smoky Mountain Hospice
- Home Helpers of East TN
- NHC Farragut Assisted Living and Healthcare
- JP Mackay with Edward Jones
- Tennova Hospice

GOLD SPONSORS

- Alzheimer's Tennessee, Inc.
- Choices in Senior Care
- Covenant Health
- Franklin & Kyle Elder Law
- Lifecare Center of Blount County
- Morning Pointe of Powell

BRONZE SPONSORS

- Medical Specialists of Knoxville, Dr. Jeffrey Summers
- Homewatch CareGivers
- Long, Ragsdale, and Waters, P.C.
- Quality Home Health

MAJOR SILENT AUCTION DONORS

- Avalon Hospice
- Greystone Lodge
- Ft. Sanders Health & Fitness
- The Lantern at Morning Pointe

- Mac’s Pharmacy
- Grow – A Shane Archer Concept
- Dollywood

ORCHESTRA SPONSOR

- Charlie & Jeannette Stevens

O'CONNOR CENTER SCHEDULE – MARCH/APRIL

For more information about any program, or to register for programs, contact us: 865-523-1135 or occonnor@occonnorcenter.org
The O'Connor Center is located at 611 Winona Street, Knoxville, Tennessee.

The O'Connor Center will be closed
Friday, March 30, for Good Friday

Don't forget to make plans to attend this year's Pancake Fest set for Friday, March 2, from 7 am - 1 pm. Enjoy all-you-can-eat pancakes, sausage, and beverages, for just \$5! Many local businesses will be on hand to share information and give away goodies; media celebrities will try their hand at flipping pancakes, WATE's Trent McGill will once again bring his "green board" to help us know about the weather; the City and County Mayors will flip pancakes--along with other elected officials, and the North Addition will be a shopper's delight with crafts, "garage sale" items, gifts, foodstuff, etc..

All attendees will have a better picture of the O'Connor Center with different programs highlighted in the North Addition. The stage will feature a belly dance demo, the Center's Dixieland Jazz Band, Happy Hikers with important hiking tips, French-Italian-Spanish language students, Yoga and Tai Chi demos, etc. Enjoy special entertainment by Sydni Stinnett, AWARD WINNING KARNS HIGH SCHOOL ENTERTAINER, and Lauren Monahan, MS. SENIOR USA. Finally, in an effort to showcase our Health Education, the United Cancer Support Foundation's "Rollin' Colon" will be set up.

MARCH/APRIL PROGRAMS

AARP Driver Safety Program: The Smart Driver Course will be offered Monday & Tuesday, April 9 & 10. Please call Carolyn Rambo at 382-5822 for info and to register for this two-day refresher course.

Bingo: Wednesdays. Bringing both a new \$1-\$2 gift to be shared as a prize and a \$1 donation to help with program cost is greatly appreciated and helps insure the fun will continue.

Brain Games: Regular games are played on Wednesdays at 12 noon and new participants are welcome.

Camera Club: Let us help guide your development both creatively and technically as we focus on the benefits of participating in the Camera Club.

Co-Ed Softball: Join us for exercise, fun, & fellowship! This group meets at the Caswell Ball Park every Tuesday & Thursday at 9:00 a.m. - 11:00 a.m. starting April 3. Women must be 55+ and Men 60+. Games are slow pitch, non-competitive, and everyone plays each inning! Cost is \$10.00.

Council on Aging (COA) Meetings: Meetings which occur the 2nd Thursday of each month are open to all seniors in the Knox County area.

Creative Endeavors: Meeting Monday, April 2. Group has open membership for those who are looking for ways to express their creativity; free membership and newcomers are always welcome.

Creative Writers Workshop: Mondays, March 12 & 26 and April 9 & 23. The Leader offers encouragement and direction to others who enjoy writing.

Cribbage & Card Games: Tuesdays. Great fellowship! Newcomers always welcome!

Dance Classes – Cost is \$2/Class.

Afternoon Dancing: Tuesdays. Opportunity to dance and visit with friends. Instruction available; \$2 donation appreciated.

Beginner-Beginner Line Dance, Wednesdays. Specifically for those with no experience.

Beginner Line Dance, Wednesdays. For the beginner with some experience.

Belly Dance, Wednesdays. For everyone—a fun and enjoyable way to exercise; taught by Rusty Rosiland.

Intermediate Line Dance: Mondays. For those with moderate experience.

Dances – Cost varies per dance.

Tea Dance: First Tuesdays, March 6 & April 3; great fellowship! Cost is \$2.

3rd Friday Night Dances w/Refreshments: March 16 and April 20. "ALL TYPE" dance with great music, food, fun, and a special DJ from Pro-Audio Mobile DJs. Cost is \$5.

Saturday Night Ballroom Dances with

Refreshments: March 10, St. Patrick's Day Dance featuring the Ed Niedens Band; Dogwood Dance featuring the Russel Ramsay Band. **Cost: \$5/Dance Club Members; \$7/Non Members.**

Fabric Painting: Mondays, March 12 and April 9. Enjoy socializing with others during this self-directed activity. Some supplies and tools available and newcomers are always welcome.

Flower Lovers Club: Meets 2nd Thursday each month, March 8 and April 12; open membership. Find out how you can enter the upcoming Garden Club Show to be held in May.

French: Tuesdays. Enjoy expanding your French vocabulary! Oui?

Fun Film Fridays: Enjoy a weekly movie and popcorn; donations appreciated.

Genealogy: Genealogy is one of the fastest growing hobbies in the United States. Join us Wednesdays, March 7 & 21 and April 4 & 18, to find your roots.

Gift Shop: Wonderful and unique gifts are available Monday-Friday from 10 a.m. - 2 p.m. Call for membership info.

Greenhouse: "Green Thumbs" are needed in the greenhouse on Tuesdays and Fridays.

Happy Hikers: Thursdays. Newcomers are always welcome; please call Carrie Roller at 719-1604 if you are interested in participating in a hike or for additional information. Please meet at the trailhead at 10 a.m., unless otherwise stated.

Mar. 4 Optional Hike
Call Carrie Roller for information

Mar. 8 Laurel Snow Pocket
6-mile moderate hike

Mar. 15 Alum Bluff Cave
5-mile moderate hike

Mar. 22 Hazard Cave at Pickett State Park
5-mile moderate hike

Mar. 29 Riverbluff at Norris
3.2-mile moderate hike

Apr. 1 Optional Hike
Call Carrie Roller for information

Apr. 8 East Lakeshore Trail
6-mile moderate hike

Apr. 15 Gatlinburg Trail
4-mile easy to moderate walk/hike

Apr. 22 Lone Mountain/Coyote Point
7.6-mile moderate to strenuous hike

Harrah's Trip: Please call the Center at 523-1135 for trip dates. Cost is \$35/person.

Internet Café: Open daily, 8:30 a.m. - 4:30 p.m. Pop in to check the latest weather or news update. A Kindle, iPad, and laptop can be checked out. "Dr. Ron" is available for computer questions and answers Tuesdays, 10:30 a.m. to 3:30 p.m.—**Please call to schedule an appointment.**

Italian: Tuesdays, 11:00 a.m. Expand your Italian vocabulary beyond gelato or ciao!

Knitting & Crocheting: Thursdays. Free instruction available by Linda Costner. Newcomers always welcome.

Legal Assistance: March 5 & 19 and April 2, 16, & 30. Call 637-0484 to schedule an appointment for free legal services for seniors.

Loss & Life Changes Support Group: Mondays. Pat Green, Group Leader/Social Worker and Bereavement Coordinator with Tennova Healthcare, listens to concerns and offers encouragement. Newcomers are welcome to this informal time of sharing which always ends on a positive note.

Low Vision Group: The Low Vision Group is an active part of the Center and new members are always welcome. If you know someone who struggles with vision issues and would like to be involved in Center events, please encourage them to call the Center today at 523-1135.

O'Connor Center Band (Cadet for Beginners/ Concert for Advanced): Wednesdays. Band Director Linda Edwards will make a place for anyone who wishes to be a band member. She works magic and provides encouragement and direction to newcomers and pros alike!

Old Time String Band: Anyone who plays an acoustic string instrument, sings, or just likes to listen

MARCH 2018 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
Legal Assistance available by appointment. Call 637-0484 for more information.			1 Beginners Bridge Now on Thursdays at 11:00 am!	2 PANCAKE FEST  \$5.00 ALL YOU CAN EAT!
5 9:00 Legal Assistance by appointment only	6 11:00 Brain Games-New Day and Time! 12:00 Hearing Screening & Hearing Aids Checked 1:30 Tea Dance	7 9:00 Piano Lessons 9:00 Tax Assistance 1:00 Genealogy Class	8 9:00 Piano Lessons 9:00 Toenail Clipping 10:00 Happy Hikers & Thursday Walkers 12:00 Sweet Spot Cooking School 1:00 SCL 2:30 COA & SCL Meeting	9 10:00 Health Hub  10 7:00 St. Patrick's Day Dance With the Ed Niedens Band
12 9:30 Creative Writers 10:00 Veterans Q & A 12:00 Lunch & Learn 1:30 Fabric Painting	13 11:00 Brain Games	14 9:00 Piano Lessons 9:00 Tax Assistance	15 9:00 Piano Lessons 10:00 Intro to Facebook 10:00 Happy Hikers & Thursday Walkers 12:30 Awesome Apps 1:00 SCL 2:00 With Hope in Mind 2:30 SCL	16 7:00 Variety DJ Dance
19 9:00 Legal Assistance by appointment only	20 10:00 Apple Basics 11:00 Brain Games 11:30 Painting with Washable Oils NEW 5 wk. SERIES 12:30 Android Basics	21 9:00 Advisory Board 9:00 Piano Lessons 9:00 Tax Assistance 10:00 Apple Basics 10:00 Camera Club 12:30 Android Basics 1:30 AARP Ch. 85 1:00 Genealogy Class	22 9:00 Piano Lessons 10:00 Happy Hikers & Thursday Walkers 1:00 SCL 2:30 SCL	23 10:00 Health Hub 
26 9:30 Creative Writers 12:00 Lunch & Learn 1:00 Market Group	27 11:00 Brain Games	28 9:00 Piano Lessons 9:00 Tax Assistance	29 9:00 Piano Lessons 1:00 SCL 2:30 SCL	30 CENTER CLOSED

RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45 Advanced Senior Cardio 10:00 Party Bridge 10:00 Water Aerobics 10:30 Loss & Life Changes Support Group 1:30 Intermediate Line Dance Blood Pressure Checks Monday—Friday 10:30 am-11:30 am	9:00 Quilting 9:00 Greenhouse 9:00 Tai Chi 9:45 Singing Seniors 10:00 Basic Arthritis Exercise 10:00 French 10:00 Party Bridge 10:00 Tai Chi Set Practice 10:00 Water Aerobics 10:00 Yoga 11:00 Brain Games 11:00 Italian 11:00 Adv Arthritis Exercise 11:20 Seated Yoga 11:30 Washable Oils Painting 1:00 Cribbage & Table Games 1:30 Afternoon Dancing	8:30 Open Painting 8:45 Advanced Senior Cardio 9:00 Cadet Band Practice 10:00 Advanced Painting 10:00 Concert Band Practice 10:00 Party Bridge 10:00 Water Aerobics 12:15 Health & Humor 12:30 Beginner Painting 12:30 Belly Dance 12:30 Texas Hold'Em 1:30 Beg. Beg. Line Dance 1:30 Bingo 2:00 Beginner Line Dance	8:30 Blood Glucose Checks 9:00 Knitting & Crocheting 9:00 Tai Chi 10:00 Basic Arthritis Exercise 10:00 Happy Hikers 10:00 Tai Chi Set Practice 10:00 Thursday Walkers 10:00 Water Aerobics 10:00 Yoga 11:00 Adv Arthritis Exercise 11:00 Beginner Bridge 11:20 Seated Yoga 1:00 Cards & Games	9:00 Greenhouse 9:00 Woodcarving 10:00 Beginner Spanish 10:00 Water Aerobics 11:00 Intermediate Spanish 12:30 Fun Film Friday 1:30 Old Time String Band Billiards Room Open Monday—Friday 8:30 am-4:30 pm

APRIL 2018 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
<p>2</p> <p>8:00 Mammogram Van 9:00 Legal Assistance <i>by appointment only</i> 11:30 Creative Endeavors</p>	<p>3</p> <p>9:00 Co-Ed Softball 11:00 Brain Games 12:00 Hearing Screening & Hearing Aids Checked 1:00 SCL 1:30 Tea Dance 2:30 SCL</p>	<p>4</p> <p>9:00 Piano Lessons 9:00 Tax Assistance 1:00 Genealogy Class</p>	<p>5</p> <p>9:00 Co-Ed Softball 9:00 Piano Lessons 10:00 Happy Hikers & Thursday Walkers 1:00 SCL 2:30 SCL</p>	<p>6</p> <p>1:30 Old Time String Band First Friday <i>Sponsored by Smoky Mountain Hospice</i></p>
<p>9</p> <p>9:30 Creative Writers 10:00 Veterans Q & A 12:00 AARP Driver Safety Training 12:00 Lunch & Learn 1:30 Fabric Painting</p>	<p>10</p> <p>9:00 Co-Ed Softball 9:00 Toenail Clipping 10:00 Apple Advanced 11:00 Brain Games 12:00 AARP Driver Safety Training 12:30 Android Advanced 1:00 SCL 2:30 SCL</p>	<p>11</p> <p>9:00 Piano Lessons 9:00 Tax Assistance 10:00 Apple Advanced 12:30 Android Advanced</p>	<p>12</p> <p>9:00 Co-Ed Softball 9:00 Piano Lessons 10:00 Happy Hikers & Thursday Walkers 12:00 Diabetic Sweet Spot 1:00 Flower Lovers 1:00 SCL 2:30 COA & SCL Meeting</p>	<p>13</p> <p>10:00 Gift Shop Steering Committee</p> <p>14</p> <p>7:00 PM Dogwood Dance with the Russle Ramsay Band</p>
<p>16</p> <p>9:00 Legal Assistance <i>by appointment only</i></p>	<p>17</p> <p>9:00 Co-Ed Softball 11:00 Brain Games 1:00 SCL 2:30 SCL 5:00 Savvy Caregivers Course</p>	<p>18</p> <p>9:00 Advisory Board 9:00 Piano Lessons 9:00 Tax Assistance 10:00 Camera Club 10:30 Starr Travel Interest Meeting 1:30 AARP Ch. 85 1:00 Genealogy Class</p>	<p>19</p> <p>9:00 Co-Ed Softball 9:00 Piano Lessons 9:00 Toenail Clipping 10:00 Happy Hikers & Thursday Walkers 2:00 With Hope in Mind</p>	<p>20</p> <p>7:00 PM VARIETY DJ DANCE</p>
<p>23</p> <p>9:30 Creative Writers 1:00 Market Group</p>	<p>24</p> <p>9:00 Co-Ed Softball 11:00 Brain Games 5:00 Savvy Caregivers Course</p>	<p>25</p> <p>9:00 Piano Lessons 10:00 Intro to Facebook 12:30 Pinterest</p>	<p>26</p> <p>9:00 Co-Ed Softball 9:00 Piano Lessons 10:00 Happy Hikers & Thursday Walkers 4:00 Art Gallery Open House</p>	<p>27</p> <p>10:00 Gift Shop Steering Committee</p>
<p>30</p> <p>9:00 Legal Assistance <i>by appointment only</i> 12:00 Lunch & Learn</p>				<p>Blood Pressure Checks Monday—Friday 10:30 am-11:30 am</p>

RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:45 Adv. Senior Cardio 10:00 Party Bridge 10:00 Water Aerobics 10:30 Loss & Life Changes Support Group 1:30 Intermediate Line Dance</p> <p>Blood Pressure Checks Monday—Friday 10:30 am-11:30 am</p>	<p>9:00 Quilting 9:00 Greenhouse 9:00 Tai Chi 9:45 Singing Seniors 10:00 Basic Arthritis Exercise 10:00 French 10:00 Party Bridge 10:00 Tai Chi Set Practice 10:00 Water Aerobics 10:00 Yoga 11:00 Brain Games 11:00 Italian 11:00 Adv Arthritis Exercise 11:20 Seated Yoga 11:30 Washable Oils Painting 1:00 Cribbage & Table Games 1:30 Afternoon Dancing</p>	<p>8:30 Open Painting 8:45 Adv. Senior Cardio 9:00 Cadet Band Practice 10:00 Advanced Painting 10:00 Concert Band Practice 10:00 Party Bridge 10:00 Water Aerobics 12:00 Brain Games 12:30 Beginner Painting 12:30 Belly Dance 12:30 Texas Hold 'Em 1:30 Beg. Beg. Line Dance 2:00 Beginner Line Dance</p>	<p>8:30 Blood Glucose Checks 9:00 Knitting & Crocheting 9:00 Tai Chi 10:00 Basic Arthritis Exercise 10:00 Happy Hikers 10:00 Tai Chi Set Practice 10:00 Thursday Walkers 10:00 Water Aerobics 10:00 Yoga 11:00 Adv Arthritis Exercise 11:00 Beginner Bridge 11:20 Seated Yoga 1:00 Cards & Games</p>	<p>9:00 Greenhouse 9:00 Woodcarving 10:00 Beginner Spanish 11:00 Intermediate Spanish 10:00 Water Aerobics 11:00 Intermediate Spanish 11:00 Silver Stage Players 12:30 Fun Film Friday 1:30 Old Time String Band</p> <p>Billiards Room Open Monday—Friday 8:30 am-4:30 pm</p>

O'CONNOR,
CONTINUED FROM P. 5

and dance, will enjoy this Friday afternoon get-together. Everyone welcome, regardless of skill level. Join us April 6 for our First Friday with the Band. We will have our usual rocking tunes and refreshments provided by Smoky Mountain Hospice.

Painting (Advance & Beginner): Class instruction provided by Ann Birdwell; cost is \$40/10 week session. Call for info.

Painting with Washable Oils: Tuesdays. Instructor: Liberty Gialelis. Cost is \$20 for 5-week session beginning April 24. Beginners and newcomers welcome. Call for information.

Party Bridge: Monday through Wednesday. Call for information and to get on the substitute list.

Quilting: Tuesdays. Learn quilting skills and tips from our experts. Newcomers are needed! If you have

tops that need to be quilted, please call for information.

Silver Stage Players Performance: Meetings every Friday from 11:00 a.m.- 1:00 p.m. Call today to see how you can get involved with our next production.

Singing Seniors: Rehearsals every Tuesday at 9:45 a.m. For information about booking this group for your next event, please call the Center.

Spanish: *Beginners* class every Friday, 10:00 a.m.; *new Intermediate* class Fridays at 11:00 a.m. Classes are taught by Bonito Lopez Abarca.

Starr Travel Interest Meeting: Join us on April 18 at 10:30 a.m. as we meet with Starr Lawson of **All Starr Travel** as we discuss possible group trips for O'Connor this season. She has an excellent reputation for doing great trips and comes highly recommended!

Tax Assistance: Free tax help for seniors will each Wednesday until **April 11**. Center Doors open at

8 a.m. and numbers will be assigned as you enter; tax preparation begins at 9 a.m. Call the Center for a list of items to bring with you.

Texas Hold'em: Wednesdays. Enjoy fellowship and competition with experienced and inexperienced card players; newcomers welcome! Cost is \$2/class.

Thursday Walkers: Walks in general are approximately 2 miles and less difficult than hikes. Call Joyce Dukes at 525-2540 with questions regarding walks and see Sunday's **Weekly Update** for hike details.

Veterans Services: March 12 & April 9. The Knox County Veterans Service Office representative will be available to answer questions or provide direction concerning the latest changes.

Woodcarving: Fridays. Open to all, regardless of experience. Personal instruction is available if needed. Call the O'Connor Center to get a list of supplies needed.

**Senior Community Service
Employment Program**

Gain job skills
and earn money
while working for
your community!



Paid employment training is available to low-income seniors age 55 and older.

**Learn more by calling (865) 524-2786
CAC Office on Aging**

Senior Service America's Senior Community Service Employment Program (SCSEP) is grant funded through the U.S. Department of Labor Employment and Training Administration. SCSEP is an equal opportunity program. Auxiliary aides and services are available upon request to individuals with disabilities.

PHYSICAL FITNESS - HEALTH EDUCATION - HEALTH SCREENING

Blood Glucose Checks: Thursdays, 8:30 a.m., \$1.50. A 12-hour fast is recommended to insure a correct reading.

Blood Pressure Checks: Monday-Friday, 10:30 a.m.-11:30 a.m. Tuesday checks provided by Quality Home Health.

Exercise: Arthritis Foundation, Tuesday/Thursday: The Advanced Class has good physical exertion and is \$2/class; the Basic Class offers seated exercise with *limited* physical exertion and is \$1/class. In addition to exercise, the O'Connor Friendly Nurse insures the class meets your daily requirement of fun and fellowship.

Exercise: Senior Advanced Cardio: Monday and Wednesday. Class meets **2 days/week**. This Covenant-led low impact aerobic class includes an increased level of intensity and a strenuous workout; cost \$3. Newcomers welcome.

Health and Humor: Laughter will always be the best medicine! Enjoy fellowship with Nurse Claudia and others who enjoy laughing AND learning! Wednesdays at 12:15 p.m.

Hearing Screening & Hearing Aids Checked/Cleaned by a Beltone Representative: March 6 & April 3.

Savvy Caregiver Class begins Tuesday, April 17, and meets in the evening so caregivers can attend. Course is designed to help caregivers better understand the challenge of caring for a loved one who suffers some form of dementia; please call 523-1135 to register for the class.

Sweet Spot for Diabetics: 2nd Thursday of each month. This Diabetic Support Group, led and sponsored by Mac's Pharmacy, includes Group Education, Discussion, and a **COMPLIMENTARY DINER LUNCH** for those who pre-register.

March 8 Sweet Spot Cooking School; April 12 Lowering the Cost of Diabetes.

Taoist Tai Chi Classes and Practice: Tuesdays and Thursdays. This year try Tai Chi to help reduce stress and anxiety and enjoy this time of **meditation in motion**. Newcomers are always welcome.

Toenail Clipping, by Appointment Only: Cost is \$12. Call 523-1135 to schedule an appointment on March 8 or April 14 with Kelli, or April 10 with Dr. Ackerman.

Water Aerobics: Monday-Friday, 10 a.m. Classes are held at the Cansler Family YMCA. Please come to the O'Connor Center to complete paperwork and to sign-in prior to beginning class. Cost is \$2/class.

With Hope in Mind/ National Alliance on Mental Illness (NAMI): Thursdays, March 15 and April 19. Support group for families dealing with various forms of mental illnesses. Contact Gerald Segroves at 523-7284.

Yoga: Tuesdays & Thursdays, 10 a.m.; **Seated Yoga:** Tuesdays & Thursdays at 11:20 a.m.: Classes held at the YMCA.

Lunch & Learn @ 12:00 Noon: Reservation must be made by Thursday of the previous week to get a free lunch!

March 12 *Let Your Feet Do the Walking!* - Jeff

March 26

Olsen from Rigg's Pharmacy will talk about supportive shoes for aging feet. *Is Your Home Healthy?* - Bonnie Hinds, from UT Extension, will be here to discuss Healthy Housing Issues!

April 9

Keep Your Colon Rollin' - A representative from United Cancer Support Foundation will be here to discuss colon health.

April 30

A, B, C, D, E - Are they necessary? Bill Satterly from Cause & Effect Holistic Natural Pharmacy will discuss different vitamins and supplements. Please give Nurse Claudia a list of any questions you would like for him to address.

Mobile Meals Dine-A-Mite Diner Health Hub: Come to each session and earn points towards prizes!

March 16

Sugar Shocker: Sugar is in a lot of the foods that we eat and has a heavy impact on our health. Learn what sugar does to your body and how you can avoid it in your daily meals. Come and learn about making healthy sugar-free meal options!

March 30

Food as Medicine: Come to Health Hub to learn how food can help in healing and impact your overall wellbeing. Each participant will receive a goodie bag.

SENIOR SAVVY COMPUTER CLASSES - PLEASE PRE-REGISTER AND PRE-PAY

Computers, as well as some iPads, tablets, etc., are available; please indicate need when registering.

Apple Basics Class: \$25 for the 2-day class
Tues/Wed, Mar 20 & 21, 10:00 a.m. to 12:00 noon

Apple Advanced Class: \$25 for the 2-day class
Tues/Wed, Apr 10 & 11, 10:00 a.m. to 12:00 noon

Android Basics Class: \$25 for the 2-day class
Tues/Wed, Mar 20 & 21, 12:30 p.m. to 2:00 p.m.

Android Advanced Class: \$25 for the 2-day class
Tues/Wed, Apr 10 & 11, 12:30 p.m. to 2:00 p.m.

Facebook: \$15 for the 1-day class
Wed, Apr 25, 10:00 a.m. to 12:00 noon

Pinterest: \$15 for the 1-day class
Wed, Apr 25, 12:30 p.m. to 2:00 p.m.

CALL 523-1135 FOR INFORMATION AND TO REGISTER FOR CLASSES. PRE-PAYMENT REQUIRED. Classes are taught by Social Media 4 Seniors Staff.
"Dr. Ron" will be available for computer "questions and answers" on Tuesdays, 10:30 a.m. to 3:30 p.m. Please call to schedule an appointment.

DECEMBER 2017 & JANUARY 2018 DONATIONS

Anonymous (54)
Almor & Deidre Afonso
Diana Amann
Glen Anderson
Bob Andres
Sara Arnold
Dereke Ashe
Kimberly Bailey
Don & Ruth Batten
Laurence Bayer
Sharon Bean
John & Connie Begovich
Curtis Bell
Tim & Janet Bigelow
Dorothy Brice
Ken and Kaye Brock
Philip & Deborah Campbell
Maureen Campbell
Martha Carroll
Christ United Methodist Church,
Visions Sunday School Class
Barbara Cohen
Colonial Heights United Methodist
Church, J. Ray Stuart Sunday
School Class
Sherman & Roberta Cook
Gary Cooper
William & Pamela Cross
Joseph Crump
Kathy Darnell
Donna Davis
Brian Dolin
Pauline Douglas
Jerry & Cindy Eisele
Allan & Donna Ellstrom
Phyllis Faulkner
Jennifer Fehling
Vicky Gardner
Rollin Geddes
Dode Gordon
Dawna Gray
Billie L. Greene
Calvin & Ruth Guthridge
Earl & Margaret Hagler
Daniel Hatfield
Vi Hayes
Samuel H. Hunt
Don & Sharon Jacobs
Marca Kamp
Louie Keeling
William & Candace Kluxen
Gladys Lambdin
Candace Lasley
James Lemme
Pam Lovell
Kenneth Malveaux
David McCormick
Stanley & Georgia McDaniel
M. Donald McGavin
Sandra McGuire
Jill McNutt
Nancy Middlemas
Jon & Tima Minnick
Kimberly Moore
Richard Moran
Ms. Frankie Noojin
Oakwood Baptist Church,
Homemaker's Sunday School Class
Cynthia Park
James & Nema Paskel
Kenneth & Judy Pate

Kim Peays
Thaddus & Karen Phillips
Carly Playman
Gean Popiela
Timothy Price
Carlos & Wanda Ramsey
Patricia Rennie
John & Patricia Riblett
Paul & Diana Richard
Gordon & Nancy Ridenour
Regina Roberts
Clyde & Mildred Roberts
Robert & Kay Rose
Ned & Judy Russell
Clarence Rutherford
John Rutherford
Wayne & Adelaide Sacchi
Pat Schraw
Randall Scott
Smithwood Baptist Church,
Joy Class
George & Betty Southworth
St. Paul United Methodist Church
Rick & K. Diane Steward
Paula Stewart
David & Lisa Stinton
Clarence Sutton
Andrea Thornton
Thomas Ungs
Larry & Chris Warren
Robert & Peggy Watson
David & Kay Wellons
Elizabeth Wieselquist
Celia Williams
CatherinWilt
Dave & Delores Yoder

IN MEMORY OR HONOR

In Honor of the Seniors we Serve
Jeanne Bishop
In Memory of "Mum"
Margaret Sheehy
In Honor of all Seniors
Bill & Janet Osteen
In Memory of Margaret Ault & Ruby Nelson
Rachel Nelson
In Memory of Ruby Baldock
Jo Anne Stansberry
In Memory of Dr. Veda Bateman
Dr. Catherine Gilreath
In Memory of Paul & Pauline Best
Jennifer Carnes
In Memory of Etta r. Borum
Anonymous
In Memory of Clarence Bowers
Anonymous
In Honor of Peggy Bradbury
Dennis & Dixie Bradbury
In Memory of Jerry L. Brown
Nancy Brown
In Memory of Leila Brown
Norma Velasco
In Memory of Leonard Milazzo, Aleanora Milazzo & Bill Cline
Bob Milazzo
In Memory of Catherine Cole
Kathy Rinaca
In Memory of Helga Connors
Chuck & Susan Brantley
In Memory of Eunice Cox

Ronald Cox
In Memory of Jim Delap
Ann W. Delap
In Memory of Frank & Charlotte Disney & John Peeler
Frank & Barbara Disney
In Honor of Zenobia Dobson
Bob & Beth Stivers
In Memory of Mary Alice Irene Finley
Anonymous
In Memory of Lester Fritsche
Lois Fritsche
In Memory of George & Stella Galbraith
Timothy & Leora Jordan
In Memory of Willie Gardner
Joseph Gardner
In Memory of Mr. & Mrs. James Geter
Mr. & Mrs. Charles Geter
In Memory of Alford Lee Grant
Patricia Grant
In Memory of Myrtle Haynes
Anonymous
In Honor of Mrs. Martha Henderson
Anonymous
In Memory of Donna M. Hughes
William & Suzanne Wilhelm
In Honor of Rip Kirby
Christy McElroy
In Memory of Dorothy Lawhorn
Virginia Stinnett
In Honor of Dr. & Mrs. Michael Lofaro
Anonymous
In Honor of Susan Long
Robin Leonard
In Memory of Geoff Matthews
Richard & Nancy Dettminger
In Memory of Mary Mazzola
Lisa Page
In Memory of Lloyd Montgomery
Mrs. Peter Denton
In Memory of Barbara Monty
Gerald & Carla Blossom
In Honor of Patti Jo Moore
Amy Moore
In Memory of Grace Morgan
William & Diane Melton
In Memory of Geoffrey Murray
Kelli Burton
In Memory of Dr. & Mrs. Henry Naff, Jr.
Henry Naff
In Honor of New Hopewell Baptist Sunshine Club
Doris Julian
In Memory of Jewell Newman
Anonymous
In Memory of Hobart Palmer
Annistown Road Baptist Church, John
Younds Sunday School Class
In Memory of Hobart Palmer
Paula Beal
In Memory of Jewell Ramsey
Anonymous
In Honor of Kenneth Roberts
Laurie Gibson
In Memory of Brian Rose
Kristal Rose
In Memory of Grover Russell
Susan Mowery
In Memory of Maize S.
Michael & Debra Lowery
In Honor of Susan Long & Kathy Sergeant

The Dodson's
In Memory of Marcie Silverstein
Larry Silverstein
In Memory of Ellie Deal Smith
Mr. & Mrs. Ben Jaco
In Memory of Ada. B. Smith
Alice McMillan
In Memory of John & Angela Snowberger
Barbara Snowberger
In Memory of Marilyn Joyce Swagger
Richard Swagger
In Memory of Lou Thacker and Honor of Betty Thacker
J.A. & Martha Coppock
In Memory of Mr. Joseph Thompson
Jim & Lisa Pritchard
In Honor of Helen & Becky Walden
Patsy Braden
In Honor of Becky Walden
Cheryl May
In Honor of Lilie Washington
Anonymous
In Memory of Jane C. Welch
Walter Welch
In Honor of Mary Ellen Whittaker
Tom & Linda Whittaker
In Memory of Velda Williams
Click Funeral Home Farragut Chapel
In Honor of Velda "Pete" Williams
Janet Hopson
In Memory of Velda "Pete" Williams
Emerine Hopson
In Memory of Velda "Pete" Williams
James & Barbara Stevens
In Memory of Carmilla Willis
Anonymous
In Memory of Carrie Maude Woodby
Charles & Patsy Boston
In Honor of Carolyn Zachary
Carolyn Harris

AAS DONATIONS

Anonymous (75)
Barbara Abner
Burton & Ruthie Akers
American Technical
Associates, Inc.
Dr. & Mrs. Tom Anderson
Todd & Ylliana Arnsby
Asheville Highway Animal
Hospital, LLC
Ronald Austin
Walter & Lois Bailey
Mark & Shirley Barker
Midori Barstow
Susan Bascom
Annabelle Beal
Beaver Creek Cumberland
Presbyterian Church, Searchers
Sunday School Class
Thomas Benton
Daniel & Betty Berney
Greg & Joyce Birtsch
Harry & Michelle Bishop
William & Candice Black
John & Debbie Black
Betsy Bohannon
Rose Boll
James & Mary Bonomo
Mitch Borden, Jr.
Charles & Lou Ellen Bramwell

Terry Brewer
William & Peggy Bridges
Leonard & Doris Brinkman
Hope Bristol
Alan & Dianna Brizzolara
Phillip & Nancy Brooks
Joyce Brown
R. & S. Brown
John & Sabra Buchheit
Barbara Butler
Amy Campbell
Ronald & Mary Canon
Lois Carbo
Kerry Carlson
Gaile Caudle
Kathy Chism
Bob & Louise Collier
Carol Conklin
James Connell
Donnie & Cindy Corum
Patrick & Charlsie Counts
Debbie Coyle
R.V. Creekmore
Jennifer Cross
Corbet & Cindi Curfman
Timothy Cutshaw
Daughters of Penelope, Chapter 370
Bob & Lana Daverman
Nancy Deatherage
Ernestine Dougherty
Jack Draper
Trudy N. Dreyer
Don & Nancy Dunning
Ear Nose & Throat Consultants
of East Tennessee
Bryan & Susan Eaves
Charitable Fund
Anita Edwards
Harold Elkins
Carlene L. Evans
Evans Innovations
Charles Farmer
Farragut Middle School,
National Junior Honor Society
Farragut Presbyterian Church
Jim & Claire Farrington
Lee Fitzsimmons
Dianne Flaugh
Charles & Ann Fleenor
Debbie Gayk
Donna Genung
Ken & Cynthia Germain
Carole Gobert
Carol Goris
June Gorski
Michael Gray
Mary Groh
Bruce C. Hager
Steven & Kristi Hall
Christine Hamilton
Linda Hammer
Perry & Dawn Harbin
Barbara Harris
Jack & Lisa Heck
Gale and Peggy Hedrick
Ruben & Arlene Hernandez
Amy Morris Hess
Stefanie Hess
Juanita Hickey
Haverly Hildreth
John Hodges, III & D.J.

Wilson
Sandra Holt
Paul & Glenda Houston
Garry Hudson
David & Janice Ishee
Maggie Jenkins
Mary Ellen Johansen
Warren Johnson
Randy & Lorie Johnson
Donna Jones
George & Georgia Kaousias
Herschel & Gretchen Kaplan
Peggy Kattine
Arlene Katz
Phil & Fran Keith
Tamzin Kesling
Charles Kinzel
D.J. Krahwinkel
Ronald & Angela Kramer
David Lamb
David Lankford
Candace Lasley
Lisa Lawson
Richard Ledyard
Mark & Susan Leitson
Charles & Annette Levin
Dawn Lindsay
Michael & Nancy Lofaro
Mark & Betsy Lonas
Greg & Patti Lowe
Arch Martin
Mitchell Martin
Joshua Martin
Jackie Martindale
Viola Mason
Terence & Janna McDaniel
Bob McGee
Susan McNutt
Messiah Lutheran Church
Carol Miller
Art Miller
J. W. and D. L. Moore
Vasudevan & Savithry Mooss
Tim & Jill Morris
Colin & Debbie Moskal
Gary & Ann Motz
Mount Olive Baptist Church,
Faith Sunday School Class
Marshall & Virginia Nix
Paul & Deb Noe
Ken Nolen
Marie Norman
North Knoxville B & PA, Inc.
Helen Roehl O'Connor
Suzanne Oliver
David & Priscilla Ownby
Mary Papke
Dr. Sam Pappas
Roy Parahoo
Phillip & Carol Perkins
Gerald Perlman
Kenny & Tina Phillips
Laurie Plachinski
Powell United Methodist Church
James Price
Jim Prose
Jeanette Ramey
John & Susan Randolph
John & Nancy Ray

DONATIONS, CONTINUED ON P. 10

DONATIONS, CONTINUED FROM P. 9

R.F. and Joan Regester
Mr. & Mrs. Gary Reid
David & Willa Reister
Diane Reynolds
John Robinson
Mike & Becca Rogers
John Rozek
Dennis & Sally Russell
Joe & Katie Russell
Wade Saye
David Scarlett
Andrew Scruggs
William and Barbara Seay
Jack & Sandra Sellers
Suzanne Senn Burke
Gary Sergeant
Myron Sharp
Claudia Shepherd
Pat Shireman
Sally Sisk
Charles O. Slater, Sr.
Chris & Jennifer Smallwood
Smoky Mountain Antique
Engine & Tractor Association
Tuesday Quilting Bee,
Smoky Mountain Quilters
Tuesday Bee
Doug & Ann Snelson
John & Wanda Sobieski, Jr.
Earl & Loretta Spearman
Ellen Spitzer
Kevin & Linda Staton
Barry Steele
Tim and Dianne Stewart
Frank & Faye Stockard
Mr. & Mrs. Michael Swift
Laura Tappan
Chris Tavino
TelecomPioneers
The Great Wall
The Melrose Foundation, Inc.
Craig R. Thompson
Bruce & Diana Tonn
Sandra Twardosz
Amy Viars
Jennifer Ward
Jack & Patricia Watson
Judy Wayman
Robert Webster
Joyce Weedon
Karen Weekly
William & Judith Weimer
Janice White
Linda Wooden
Sylvia Woods
Samantha Yellen
Carolyn Zachary
Eric and Elaine Zeanah
Leon & Kay Zevenbergen

AAS IN MEMORY OR HONOR

In Memory of my spouse
Anonymous
In Memory of Mr. & Mrs. Hugh Allan
Robert D. Allan
In Honor of Edna Allison
Kenny & Rebekah Allison
In Memory of Virginia Allsopp
Dr. Eric & Susan Carlson
In Honor of Jean Alshuler
Tim & JoAnn Marshall
In Honor of Mark Biagi
Benjamin A. Witt
In Memory of Freda Bird
Elmer & Brenda Bonk
In Memory of Vaughtie & Wayne Blankenship
Anonymous
In Memory of Mrs. Norma P. Bounds & Mrs. Wanda Monday
Anonymous
In Honor of Greg Brown
Carla Goins
In Memory of Constance P. Burnett & Insee Burnett
Gayle Burnett
In Memory of Phyllis Campbell
Anonymous
In Honor of Fran Potter, Ann Huckaby, Judy Carter & Richard Careter
Anonymous
In Memory of Harvey I. Cobert
Marilyn Cobert
In Memory of Betty Cornette
Robert Cornette
In Memory of Ione Goff Cristil
Patricia Cristil

In Honor of Ms. Mimi Daly
Patricia Cowan
In Honor of Cheryl & Rodney May, Pat & Jim Braden & Darrell Braden
Anonymous
In Honor of Lois Dickey
Anonymous
In Memory of Mrs. Katherine Douglas
Yvette Davis
In Memory of Marie Draudt
Chad Pryson
In Honor of Dr. Don Ellenberg
Anonymous
In Honor of John Foley
Anonymous
In Memory of Virginia Gorski
Greg Volrath
In Memory of Bertha Grizzle
Donald Grizzle
In Honor of Ken Hall
Sam & Mary Beall, Jr.
In Memory of Jim Hardin
Anonymous
In Memory of Maybelline Harr
Anonymous
In Memory of Henry Thomas Harris
Felicia H. Hoehne
In Honor of Mr. & Mrs. James A. Haslam, II, Mr. & Mrs. John Testerman, Mrs. Robert Rinearson, Mrs. Clyde Maynard, Mr. & Mrs. Henry Bertelkamp, Dr. & Mrs. Earl Keister, Mr. & Mrs. Thomas Ayres & Dr. & Mrs. Alex Robinson
Robert & Ruth Campbell
In Memory of George H. Heins
Mr. & Mrs. James Coffin
In Memory of George H. Heins
John Heins
In Honor of Vicki & Greg Hinkel & family
Anonymous
In Honor of Mary House
Bob & Sue Murrian
In Memory of Pauline Jacobs
Phillip Jacobs
In Honor of Midge Jessiman
Stan Boling
In Honor of Mary H. Johnson
Marvin Johnson
In Memory of Rita Kelleher
Jeanette Kelleher
In Honor of Brad & Lesia Kirby
Anonymous
In Memory of Dr. Otto Kopp & Mrs. Helene Kopp
Gary & Patti West
In Memory of Ruth & Joe Koren
James Koren
In Memory of Nicholas R. Krzeski
Steve & Sue Krzeski
In Memory of Charles Arthur Lee
Thomas Spurlock
In Honor of Magdalene (Dale) Liles
David & Cheryl Liles
In Memory of Lois Lloyd
A.M. McNair
In Memory of Daniel Monroe Lyle
Betty Lyle
In Memory of Doris McCammon
Mark & Nan Gaylord
In Memory of Gladys McLaughlin
Carla Isdal
In Memory of Marjorie McLean
Bob McLean
In Memory of Louise Milner
Jim & Teresa Lawson
In Memory of Wanda Monday
Stephen Monday
In Memory of Barbara Monty
Dwight & Gloria Kessel
In Memory of Katherine Nordsick
Al White
In Memory of Charlie & Jeanne O'Connor
Heby & Lib Kidd
Bob & Renee O'Connor
In Memory of Bill & Marty Oglesby
Anonymous
In Memory of Emma Peltier Vinson
Nancy Peltier
In Memory of my brother Richard who received Mobile Meals
Lydia McCrary
In Memory of Thomas A. Sawyer
Laura Green
In Memory of Hugh Lee Simmons
Lee & Abby Forgety
In Memory of Fred & Betty Snoderly
Anonymous

In Memory of Andrew Paul Sorrells
Curtis Sorrells
In Memory of Andrew Paul Sorrells, II
Edwina Sorrells
In Honor of the Stallard family
Deborah English
In Honor of Betty Thacker
Fountain city Presbyterian Church,
Waystation Sunday School Class
In Honor of Jill Townsend
Richard & Irene Townsend
In Memory of Delmas Turner
Geoff & Suzann Emery
In Memory of Mary Waddell
Chris & Mari Brooks
In Memory of Carol L. Wolfe
Mary Ilgen
In Memory of Henrietta Woods
Anonymous
In Memory of Charles, Lillian & Cynthia Wrinkle
Jerry & Pat Wrinkle

ONE SENIOR FOR ONE YEAR

Anonymous (3)
ACF Smoky Mountain Chapter
Ron & Jeanne Beatty
Aggie Bell
Beverage Control, Inc.,
Pat Scruggs Family
City-Wide Service Club
Dr. & Mrs. Coleman Coleman,
Neil & Anne Coleman Charitable
Foundation
East Tennessee Chapter IFMA
Andrew & Jennie Johnson
Jim & Kathy Killingsworth
George & NancyLefler
Cynthia Paduch
Pilot Corporation Employees,
Jeans Day
Smoothy, LLC
Carla D. Wyrick

ONE SENIOR FOR ONE YEAR IN MEMORY OR HONOR

In Honor of Choices in Senior Care Office Team
Anonymous
In Memory of Raymond (Dad) Dawson
Cheryl Watts
In Memory of Elbert Haft
Anonymous
In Memory of Frances Hunter McClung
Robert McClung
In Memory of Ben & Jane McKinnon
Elizabeth Kistler
In Memory of Wilson W. Powers
Rita Powers
In Honor of Rev. John Mark Wiggers & Rev. R. J. Powell
Mary Sullivan
In Honor of Mrs. Ross Faires, Mr. & Mrs. David Moon, Mr. & Mrs. Jimmy Haslam, Dr. & Mrs. Clifford Johnson, Dr. & Mrs. George Krisle, Mr. & Mrs. Hiram Tipton, Ms. Caroline Smith & Dr. & Mrs. Ronald Rimer
Sherri Parker Lee
In Memory of Rodger Shannon
Judy Heck
In Memory of Andrew J. Smith
Anonymous
In Honor of Earl Wilcox
Allison Coggin

TWO SENIORS FOR ONE YEAR

Employees of Fairfield Service
Group, Inc.

TWO SENIORS FOR ONE YEAR IN MEMORY OR HONOR

In Memory of Dr. & Mrs. J.K. Orr & Mr. & Mrs. Phil Gray
Mr. & Mrs. Thomas M. Ayres

THREE SENIORS FOR ONE YEAR

Anonymous (1)

FOUR SENIORS FOR ONE YEAR

Jim & Dorothy Petrone

FIVE SENIORS FOR ONE YEAR

Anonymous (1)
East Tennessee Foundation,
Katherine Collins Roddy & J.P.
Roddy Sr. Fund

SENIOR SERVICE DIRECTORY OFFERS USEFUL INFORMATION

The CAC Office on Aging's Senior Service Directory is the essential tool when you are looking for services for an older adult. The "little yellow book," as it is known by its users, is invaluable when it comes to making decisions for yourself or for an older person you know.

The majority of the book clearly lists vital services such as adult day services, case management, employment, home health care, housing, information & referral, medical insurance & financing, personal support services, and transportation, just to name a few.

Do you or your organization, church group, or civic group need copies of the Senior Service Directory?

If so, they can be picked up at the following locations or, call the Office on Aging to have them delivered to you.

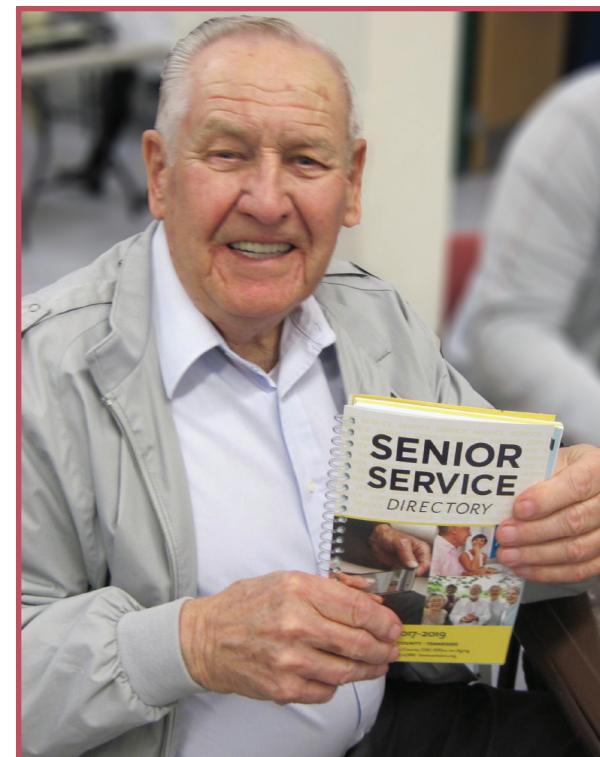
Senior Service Directory pick-up locations:

- the Office on Aging (2247 Western Ave.)
- the O'Connor Senior Center (611 Winona St.)
- any branch of the Knox County Public Library

The entire book is also available online at www.knoxseniors.org/ssd.

Interested in advertising in the upcoming edition of the Senior Service Directory?

As the Office on Aging is gearing up to produce the 21st edition of the Senior Service Directory, we are now soliciting advertisers to offset the cost of printing. If you or someone you know is interested in advertising with us, please contact the Office on Aging at 865-524-2786 or email knoxooa@knoxseniors.org. ■



• • • • • **TO KEEP YOU INFORMED** • • • • •

SPRING INTO VOLUNTEERING!

Looking for a way to get out in the nice weather? Spring is a time for new beginnings!

Why not try something new and volunteer?



Have you thought about joining a local Senior or Community Center?

Did you know you can be a RSVP volunteer at the Center you attend?

- 1. O'Connor Senior Center:** This is a great place to meet new people, exercise, work on a hobby, or... Volunteer! O'Connor is seeking volunteers to help sign customers in at the Dine-A-Mite Diner and relieve the front desk - a shift only lasting a couple of hours.
- 2. Karns Senior Center:** Karns is seeking volunteers to help at the front desk, teach Spanish, & lead the walking group.
- 3. South Knoxville Community Center:** RSVP Young at Heart Club is an active group of seniors and are part of RSVP's "on call" group, working on a variety of different community projects as needed.

Want to do something that helps someone in need? Consider:

- 1. Mobile Meals:** Take a couple hours out of your morning to deliver a meal to homebound seniors. Mobile Meals serves over 900 meals a day! It is an easy opportunity to try out volunteering and truly give back.
- 2. Volunteer Assisted Transportation:** Need to go grocery shopping or run some errands? Why not take a homebound senior with you? VAT drivers help homebound seniors get to the store, hairdresser, or doctor. It is an easy way to help someone out while you are out and about.
- 3. Senior Citizens Awareness Network:** Want to help vulnerable seniors in your neighborhood? SCAN volunteers visit seniors in vulnerable areas, offering safety and friendship. It is a great way to get to know the community and give back.

For more information and ways to volunteer with RSVP, please contact RSVP Coordinator Eden Slater at (865) 524-2786 or eden.slater@knoxseniors.org.

RSVP is a network of volunteers, age 55 and older, assisting 30+ organizations across Knox County.

SAVE THE DATE

**Power of the Purse • Thursday, September 20, 2018
at Rothchild Conference Center**

Mark your calendars now to attend Power of the Purse, the wildly popular annual fundraiser for Mobile Meals, to be held on September 20, 2018. Mobile Meals is accepting new and gently-used purses ALL YEAR ROUND to be featured in the Purse Madness sale and silent auction. If you have purses to donate, drop them off at the Office on Aging (2247 Western Avenue) or at the O'Connor Center. To arrange a pick-up, call Shelly Woodrick at 865-524-2786. Help us make this year's event another smashing success!

All proceeds from Power of the Purse go directly to Mobile Meals. ■

SAVE THESE DATES!

More information in the May/June issue of Elder News & Views...

PAWS Among the Blooms, the Annual Fundraiser for Knox PAWS (Placing Animals With Seniors)

Friday, May 4, at Stanley's Greenhouse in South Knoxville. This fundraiser supports Knox PAWS, a program that matches older adults with adoptable shelter animals for love and companionship.

Duncan Awards for Senior Advocacy.

Thursday, May 10, at The Pavilion at Hunter Valley Farms. This event serves as the annual fundraiser for Senior Information and Referral and honors community members who have diligently advocated for the needs of seniors in Knoxville and Knox County.

Senior Job Fair. Wednesday, May 16, at the L.T. Ross Building.

Free and open to anyone 50+ who wants to join the workforce. Bring copies of your resume and prepare to talk to employers who are looking to hire mature workers for full-time and part-time positions.

ELDER NEWS & VIEWS

Elder News and Views is a publication of the Knoxville-Knox County Council on Aging. The Knoxville-Knox County CAC Office on Aging prepares this publication bimonthly for the older citizens of Knoxville and Knox County.

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SAVVY SAVINGS FOR SENIORS

When living on a fixed income, it is important to know how to budget and save money when you can. With Gabrielle Blake, you will learn tips and tricks to using coupons, finding local senior discounts and saving money on daily purchases.

Gabrielle Blake, LCSW (Gabe) is a West Tennessee native. She came east to complete her undergraduate degree in Social Work from Tennessee Wesleyan College and subsequently earned her Master's Degree in Social Work from the University of Tennessee, Knoxville. Gabe has worked with Franklin and Kyle Elder Law, as an elder care coordinator since 2010. She is proud to serve on the Senior Companion Advisory Board and is a member of Tennessee Society of Healthcare Social Workers, National Association of Social Workers, and East Tennessee Council on Children and Youth. ■



APRIL MEETING

Date: Thursday, April 12, 2018

Time: 2:30 p.m.

Place: O'Connor Center
611 Winona St.

