

# ELDER NEWS

NOVEMBER/DECEMBER 2020

# VIEWS

OFFICE ON AGING  
KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

## AGING: A FAMILY AFFAIR

Now in its 36th year, Aging: A Family Affair will once again provide valuable information and resources on topics related to aging that is helpful not only to seniors, but to their families, caregivers, and professionals. Though we cannot meet in-person due to the pandemic, we will host a virtual series of lectures on the important topics of Medicare, Planning for the Future During a Pandemic, and The Spectrum of Normal Aging and Alzheimer's Disease. As we all know, reliable information is always changing, and it is not always easy to stay up to date in the ever-changing landscape. These virtual lectures will bring you the most accurate and current information so you can make well-informed decisions that affect your quality of life.

To kick off the event, the Office on Aging will host a Senior Expo Drive Thru on Thursday, November 5 at O'Connor Senior Center from 9 am – noon. Vendors will provide information on local resources and services for seniors. Attendees will remain in their car, wear a face covering, and visit each booth throughout the drive thru. It will be an exciting time of sharing helpful information and handing out goodies for you to take home.

There is no charge for this year's event, but registration is requested. To register, visit [knoxseniors.org](http://knoxseniors.org) or call the Office on Aging at 865-524-2786, Monday – Friday, 8 a.m. – 4:45 p.m. ■

### SENIOR EXPO DRIVE THRU

**Thursday, November 5 • 9 am - noon**

*O'Connor Senior Center Parking Lot  
611 Winona St. in Knoxville*

Please wear a mask or face covering and remain in your car. Social distancing will be practiced.

These virtual or call-in programs will be held on Fridays, from 10 am – 11 am on the following dates:

### MEDICARE UPDATE

**Friday, November 6**

*Blake McCoy, Medicare Insurance Consultants*

Deciding about your Medicare options and curious about Social Security? Blake McCoy will cover all the changes that you need to be aware of when making the best decision for yourself.



Blake McCoy is the Owner and President of Medicare Insurance Advisors. MIA is an insurance firm that is dedicated to helping people with their Medicare, Life and Dental insurance. Blake decided at the young age of 19 that Medicare insurance was too confusing, and he built a team

of advisors, with offices in Knoxville, Nashville, Memphis and Daphne, AL, dedicated to make Medicare simple. MIA now serves clients in dozens of states throughout the country.

### PLANNING FOR THE FUTURE DURING A PANDEMIC

**Friday, November 13**

*Glen Kyle, Franklin & Kyle Elder Law*

Planning for the future can be difficult and confusing. Adding a global pandemic can make it more challenging. Glen Kyle, CELA explains the different ways a senior can best protect themselves and their family while making plans for the future.

Glen A. Kyle is the owner of the Knoxville law office of Franklin & Kyle Elder Law, LLC. His practice in the specialized field of elder law includes Life Care Planning, Medicaid and Veterans' Benefits planning, estate planning (powers of attorney, wills, and trusts), conservatorships, probate and trust administration.



### THE SPECTRUM OF NORMAL AGING AND ALZHEIMER'S DISEASE

**Friday, November 20**

*Dr. Monica Crane, Genesis Neuroscience Clinic*

Dr. Crane will explain the cognitive changes in aging, define dementia, and share updates related to the disease.

Dr. Crane is a fellowship-trained geriatric medicine physician who has been nationally recognized as an expert in dementia care.



Her career focus has been the clinical care, treatment and support for patients and families affected by Alzheimer's disease and the related dementias.

Dr. Crane is the founder and medical director of Genesis Neuroscience Clinic, a

multidisciplinary memory disorders clinic. The clinic provides community care for cognitive disorders and the neurodegenerative dementias. In 2020, Dr. Crane started the Tennessee Memory Disorders Foundation ([tmdf.org](http://tmdf.org)) which is the non-profit parent organization for the clinic. The Foundation's mission is to provide support for comprehensive community care for those with memory disorders and to mentor students and professionals to become future leaders in dementia care.

## FREE MEDICARE OPEN ENROLLMENT ASSISTANCE

*Need help understanding Medicare plans and options? Free help is here!*

Medicare Open Enrollment Period is from October 15—December 7. We offer a free service to people who would like help to understand their coverage and choose a plan. Assistance is available through the AMOS program (Affordable Medicine Options for Seniors). To help beneficiaries understand their options and make important coverage decisions, complete and reliable information about Medicare is available online at [www.medicare.gov](http://www.medicare.gov). It is necessary to review your insurance plan each year to maintain your best coverage and prices. Changes in your medications or health-care providers may lead you to change your insurance plan. Or changes in the provisions of your current plan may lead you to change to a plan that works with your medications and providers. Call the Office on Aging at 524-2786 for help from AMOS advisors.

You will find a Medicare Part D Worksheet at our website [www.knoxseniors.org/amos](http://www.knoxseniors.org/amos). If possible, print this worksheet, complete it, and send to our address on the form.

If calling, please be ready to provide the following information:

- Medicare number and coverage start dates for A and B
- Social Security number and date of birth
- Letter about Extra Help or QMB/SLMB (if you have one)
- List of current prescriptions (printed list from pharmacy if available)

Call the AMOS program at the Office on Aging 524-2786. Plan comparisons can be mailed or discussed by phone, and enrollment can be completed online. You can also be screened for assistance to pay Medicare premiums, and to limit Rx copays. ■

## SENIOR INFORMATION & REFERRAL'S UPCOMING MEDICARE INFORMATION SESSIONS

### What I Need to Know: Medicare Open Enrollment Wednesday, November 4 • 10 am - 11 am

Figure out what you need to know, what junk mail you can toss out, and what you should do during Medicare Open Enrollment.

### Savings Check Up Wednesday, December 2 • 10 am - 11 am

Living on a fixed income in retirement can be a challenge, especially as costs rise. Learn about benefit programs that could save you thousands each year.

To register for these Zoom calls, email [saramary.wallace@knoxseniors.org](mailto:saramary.wallace@knoxseniors.org) or call Senior Information and Referral at 865-546-6262. ■



## HOW CAN YOU HELP?

CAC Mobile Meals serves nutritious noontime meals every Monday - Friday to over 1,100 seniors in Knox County who are unable to cook for themselves.

Volunteers also deliver on Christmas day each year.

Volunteer: [MobileMealsVols@knoxseniors.org](mailto:MobileMealsVols@knoxseniors.org)

Through generous contributions from our community, meal recipients receive a holiday bag filled with a variety of useful gifts. Our volunteers who deliver the meal and gift bag may be the only people these clients see on Christmas day.



**SAVE THE DATE! Snowflake Ball Virtual Event**  
Saturday, February 20th • 7pm | Stay tuned for more information!

# HOLIDAY GIFT BAGS FOR HOMEBOUND SENIORS - THE TRADITION CONTINUES!

Each year, the local community provides gifts for Mobile Meals volunteers to deliver with a hot meal on Christmas day. This tradition will not change in 2020 and may be more important than ever. Donations of gift bags are being accepted November 30- December 10. Often, these gifts are the only ones these seniors will get, and though the items themselves are not of great value, they are priceless to those who receive them. Mobile Meals is again partnering with Grayson Subaru to fight senior isolation and hunger. This local effort is part of the national Share the Love event, with funds designated for Meals on Wheels Association members. You can also click on the Mobile Meals gift icon

at [www.knoxseniors.org/mobile](http://www.knoxseniors.org/mobile) for details or visit our Facebook page at [facebook.com/knoxcountymobilemeals](https://facebook.com/knoxcountymobilemeals).

Considering buying a Subaru? While you are dropping off your holiday gifts at Grayson Subaru you can also help provide meals to homebound seniors in Knox County during the Share the Love event. For every new car sold or leased during the event time period of November 19, 2020, through January 4, 2021, you can choose Meals on Wheels of America to receive a \$250 donation from Subaru on your behalf. Those funds in turn will be distributed to Mobile Meals (the Meals on Wheels Association member for Knox County). ■



**Bring gifts:**

Please bring gifts in small - medium-sized gift bags (preferred), or unwrapped

**Mark gift bags:**

Male, Female, or Either

**Do not include:**

Food items  
Candles  
Glass items  
Clothing (sizes uncertain)  
\*Lotions, shampoo, body wash etc. should be no more than 8 oz. bottles (large bottles can be difficult to lift)

**Gift drop-off dates for 2020:**

Monday, November 30 – Thursday, December 10 (Please be sure to drop of

gifts by December 10)

**Gift drop-off locations and times:**

CAC/LT Ross Building, 2247 Western Avenue  
Bring to main entrance; call 524-2786 for assistance Monday through Friday 8 am-4:30pm

Grayson Subaru, 8729 Kingston Pike  
Monday through Friday 9 am–8 pm and Saturday 9 am–6 pm

**SUGGESTED GIFT SELECTIONS**

Please include 1-3 items from each category in gift bag. Please separate gifts by male, female, or unisex.

**“Utility”**

Magnifying glass  
Large pens  
Stationery/ envelopes / stamps  
Small notepads  
Flashlights  
Batteries  
Night light  
Pill boxes

**LARGE PRINT:**

Crossword puzzle books  
Word Search Magazines  
Books  
Clocks (large numbers)  
Watches (large numbers)

**“Personal Care”**

Lip balm  
Bars of soap

**SMALL SIZE (mini or no more than 8 oz.):**

Lotions  
Body Wash  
Shampoo / Conditioner  
Powder  
Hand sanitizer  
Shave gel

**“Grooming”**

Combs  
Hairbrushes  
Toothbrushes  
Toothpaste  
Nail clippers/files  
Tissues

**“Home & Kitchen”**

Hand towels  
Washcloths  
Dishtowels  
Dish liquid  
Sponges  
Plug-in air freshener

Refrigerator magnets  
EZ open jar opener  
Can opener  
Soft grip jar gripper pads

**“Comfort”**

Throws (lap robes)  
Socks (non-skid soles)  
Scarves  
Gloves  
Hats  
Small umbrellas

*General holiday-themed items are welcome but please refrain from highlighting specific religious beliefs.*

# GRANDPARENTS AS PARENTS

Grandparents as Parents Program (GAP) strives to make a difference in the lives of relative caregiver and the children they care for by providing education and support. GAP is a free program and there are no age or income requirements. For more information or to enroll in the GAP Program, call Tracy or Anne at 865-524-2786. ■



## Grandparents as Parents Program Holiday Toy & Gift Drive

ACCEPTING DONATIONS THROUGH

**Friday, December 4**

Contactless drive-by drop off.

Call Tracy or Anne to arrange a drop off time convenient for you.

Give grandparents & relative caregivers a better holiday season! Please donate self-care products & new and gently used toys, games, and books to support families raising a family member's child.

For more information, call 865-524-2786 or email Tracy at [tracy.vandevate@knoxseniors.org](mailto:tracy.vandevate@knoxseniors.org)

**Grandparents as Parents  
CAC Office on Aging  
2247 Western Ave.  
Knoxville TN 37921**

## Grandfamilies Together Conference Call

GAP is hosting a weekly Grandfamilies Together Conference Call. Please join us on Tuesdays in November and December from 10:00-10:30 am. Each week, we will check - in each other and have a special guest. Every week we will have a door-prize for one participant. Door-prizes will be mailed to the winner.

**Tuesday Mornings from 10:00-10:30 am**

**November 3, 10, 17, 24 and  
December 1, 15**

Call in number: 1-978-990-5482  
Toll Free: 1-844-855-4444  
Access Code: 1460466#

Give us a "Hello" to let us know you are on the line!



# ELDER ABUSE AMONG THE OPIOID EPIDEMIC

*By Sasha Hammett,  
Rise Above Crime Program Manager*

Older adults are often the hidden victims of the opioid crisis, suffering abuse at the hands of their loved ones, friends, and caregivers who seek resources to support their addiction.

According to a study using data obtained from Adult Protective Services (APS), financial exploitation of older adults was the most common type of abuse associated with perpetrators who abuse opioids.

## RISE ABOVE CRIME

In addition to financial exploitation, seniors often suffer from physical mistreatment as well as emotional abuse by those loved ones or trusted individuals who are abusing drugs such as opioids. There have been cases where family members are taking money from an elder or they isolate and neglect the elder to use the house as a launch pad for selling drugs. Caregivers have stolen prescribed opioids from their older patients to support their own habit, leaving the older adult suffering without their pain medications. Short of theft and fraud, elderly individuals can feel pressure to spend their own hard-earned money to help family members in need of treatment. These are only a few examples.

If you are a friend or family member of an older person, you should be sensitive to signs that an older person is suddenly unable to pay bills, find their possessions, or keep track of their money. Be wary if someone in their life seems to have excessive interest in the older person's finances. If you do see signs of trouble, what can you do? Contact Adult Protective Services, and even law enforcement, as your first line of defense.

If you are a senior with a loved one in your life with an addiction and you are suffering as a result, reach out for help. Adult Protective Services, local law enforcement, and the Office on Aging are all here to assist. Opioid addiction is a public health crisis that is causing an elder financial abuse crisis. It's up to all of us to look out for ourselves, the seniors in our lives, and to help limit the effects of this epidemic.

For more information or resources on financial exploitation and other forms of elder abuse, please contact Sasha Hammett with the Rise Above Crime program at the CAC Office on Aging at 865-524-2786. ■

# O'CONNOR SENIOR CENTER UPDATE

Staff will not be in the office on the following dates:

Wednesday, November 11 for Veterans Day

Thursday & Friday, November 26 & 27 for Thanksgiving

Thursday & Friday, December 24 & 25 for Christmas

Friday, January 1 for New Years

**\*\*PARTICIPANTS MUST CALL AHEAD AT 865-523-1135 TO RESERVE A PLACE FOR IN-PERSON PROGRAMS. PARTICIPATION WILL BE LIMITED TO GROUPS OF 10 AT A TIME.\*\***

## RECREATION

**Car Park Bingo:** Enjoy this friendly game on Wednesdays from 1:30 pm – 3:00 pm. Sponsors for snacks and callers are needed. Call 865-523-1135 to find out how to get involved.

**Virtual Bingo:** Live virtual bingo every Thursday at 2:00 pm on Facebook Live! This is fun for everyone and we will be giving out prizes for the winners.

## HEALTH SCREENINGS

**Drive Thru Blood Sugar Checks:** Mondays, 8:30 am, \$1.50. A 12-hour fast is recommended to insure a correct reading.

**Drive Thru Blood Pressure Checks:** Mondays, 9:30 am-10:30 am. No need to even get out of your car!

**Mobile Mammography:** Knoxville Comprehensive Breast Center's Mobile Mammography Digital Coach will be here on Tuesday, November 17. Please contact KCBC



at 865-583-1003 for more information and to schedule an appointment.

## PHYSICAL FITNESS

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

**In-person Line Dancing:** Intermediate and Beginner Line Dancing in our parking lot next to Caswell Park. Call in advance to RSVP!

**Virtual Line Dancing:** New videos posted to Facebook every Wednesday. There are several videos on our Facebook that you can re-watch until you are a pro!

## SPECIAL EVENTS

**Thanksgiving Drive Thru Luncheon:** Thursday, November 19. Join us from 11:00 til 12:00 noon to give thanks in this unique drive thru event. For \$5 per person, enjoy entertainment and a take home a delicious meal sponsored by NHC Farragut. Registration will be required by Friday, November 13.

**Holiday Window Decorating:** Lots of volunteers are needed to help decorate the trees and windows. We will be taking 1-3 volunteers at a time to come and assist with decorating windows in the North Addition. Think December in New York with window displays! We will be unveiling the windows at our Holiday Drive Thru on Friday, December 18 with hot cocoa and Santa!





## NOVEMBER 2020 CALENDAR OF EVENTS

O'CONNOR CENTER BUILDING CLOSURE

At the time of submission of this calendar for print the O'Connor Senior Center building remains closed to the public. Office hours for staff are Monday-Friday from 8:30 am—4:30 pm. During these times, staff are available to answer calls, implement virtual programming and also some outdoor programming while practicing physical distancing. For those who would like to participate in outdoor programs call ahead to reserve your place! Groups will be limited to 10 participants. Please remember to check your temperature before leaving your home and wear your mask to protect those around you. If you are experiencing any symptoms of sickness please stay home and we would love to have you participate when you have been cleared by your physician. Keep in mind that outdoor programming is weather dependent. Call the Center at 865-523-1135 for confirmation that programs will be meeting and follow us on [facebook.com/oconnorseniorcenter](https://facebook.com/oconnorseniorcenter) for any additional announcements and virtual activities!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
2 8:30 Drive Thru Blood Sugar Checks 9:30 Drive Thru Blood Pressure Checks 1:30 In-person Intermediate Line Dancing	<b>ELECTION DAY</b> 3 10:00 In-person Seated Exercise 11:00 In-person Advance Exercise	4 12:30 Car Park Bingo 1:30 In-person Beginner Line Dance	5 10:00 Aging A Family Affair Drive Thru 2:00 Virtual Bingo	6 11:00 Book & Puzzle Table Available Outside 2:00 Car Park Trivia
9 8:30 Drive Thru Blood Sugar Checks 9:30 Drive Thru Blood Pressure Checks 1:30 In-person Intermediate Line Dancing	10 10:00 In-person Seated Exercise 11:00 In-person Advance Exercise	11 <b>OFFICE CLOSED</b> Thank You  VETERANS	12 2:00 Virtual Bingo	13 11:00 Book & Puzzle Table Available Outside 2:00 Car Park Trivia
16 8:30 Drive Thru Blood Sugar Checks 9:30 Drive Thru Blood Pressure Checks 1:30 In-person Intermediate Line Dancing	17 8:30 Mobile Mammography from KCBC 10:00 In-person Seated Exercise 11:00 In-person Advance Exercise	18 12:30 Car Park Bingo 1:30 In-person Beginner Line Dance	19 11:00 Thanksgiving Meal Distribution sponsored by NHC Farragut 2:00 Virtual Bingo	20 11:00 Book & Puzzle Table Available Outside 2:00 Car Park Trivia
23 8:30 Drive Thru Blood Sugar Checks 9:30 Drive Thru Blood Pressure Checks 1:30 In-person Intermediate Line Dancing	24 10:00 In-person Seated Exercise 11:00 In-person Advance Exercise	25 12:30 Car Park Bingo 1:30 In-person Beginner Line Dance	26 <b>OFFICE CLOSED</b> 	27 <b>OFFICE CLOSED</b> 
30 8:30 Drive Thru Blood Sugar Checks 9:30 Drive Thru Blood Pressure Checks 1:30 In-person Intermediate Line Dancing				

## DECEMBER 2020 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
	1 <b>**HOLIDAY WINDOW**</b> <b>**DECORATING BEGINS**</b>	2 12:30 Car Park Bingo	3 2:00 Virtual Bingo	4 2:00 Car Park Trivia
7 8:30 Drive Thru Blood Sugar Checks 9:30 Drive Thru Blood Pressure Checks	8	9 12:30 Car Park Bingo	10 2:00 Virtual Bingo	11 2:00 Car Park Trivia
14 8:30 Drive Thru Blood Sugar Checks 9:30 Drive Thru Blood Pressure Checks	15	16 12:30 Car Park Bingo	17 2:00 Virtual Bingo	18  4:00 pm—6:00 pm Holiday Drive Thru
21	22	23	24 OFFICE CLOSED 	25 OFFICE CLOSED 
28	29	30	31 2:00 Virtual Bingo	1 OFFICE CLOSED 

# 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 \$74 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 August and September 2020.

Anonymous (22)

Jean Adams

Diana Amann

Bob Andres

Jarrood Arellano

Ken and Kaye Brock

James Bruce

Andrea Charlton

Gary Cooper

William Dixson

Sheri Doubrey

Dale Epley

Phyllis Faulkner

Catherine Gilreath

Anna Goodman

Christine Green

Robert Kemp

Debbie Lowe

David McCormick

Ruth McLeod

Nancy Miracle

Wayne MoneyMaker

Gerald Perlman

Norman Queener

John & Beth Smith

Mary Stuart

Timothy & Melissa Tomlinson

Linda Townsend

Laura Van Eps

David & Carolyn Wells

Linda Williams

Cheri Worthington

Colonial Heights United Methodist

Church J. Ray Stuart Sunday

School Class

## Senior Nutrition Program In Memory or Honor

*In Memory of Peggy Bradbury*

Dennis Bradbury

*In Memory of Jo Ann Collins*

Barbara Faubert

*In Memory of Ronald Harbin*

Austin & Suzanne Lance

*In Memory of Herb & Lib Kidd &*

*Charlie & Jeanne O'Connor*

Bob & Renee O'Connor

*In Honor of Johnnie Patty*

Deborah Daniels

*In Memory of Robert Schutt*

Joanne Schutt

*In Memory of Betty Stooksbury*

Anonymous

*In Honor of those who cook the meals and those who deliver them with smiles on their faces.*

Barbara Morse

*In Memory of Susann Waldbauer*

Richard & Carol Waldbauer

*In Memory of Charles and Joyce*

*Worthington*

Cheri Worthington

*In Honor of Carolyn Zachary on her birthday*

Jo Learn

## Adopt A Senior Program

Anonymous (17)

Barbara Abner

Bennie Arp

James & Nancy Bolon

Terry Brewer

Carla Chisum

James & Brooksie Cox

Laura Fain

Ann Gehin

Edna Hodge

David & Janice Ishee

Michael & Nancy Lofaro

Gloria Ann Lunsford

Gregory Mackay

Vicki Mayfield & Mark Rennich

Helen Roehl O'Connor

Richard L. Pace

Lavon & Darlene Rickard

George & Betty Southworth

Yuliya Webb

Lynn & Judy White

Elizabeth Wieselquist

Leon & Kay Zevenbergen

Beaver Creek Cumberland

Presbyterian Church Searcher

Sunday School

Lake Hills Presbyterian Church

Mount Olive Baptist Church Faith

Sunday School Class

Scarecrow Foundation

Tau Master Chapter of Beta Sigma

Phi

The Church of the Good Samaritan

## Adopt A Senior Program In Memory or Honor

*In Memory of Carolyn J. Baird*

Anonymous

*In Honor of Marinell Edwards*

Anonymous

*In Memory of Dorothy Frost*

Catherine Cooper

*In Honor of Midge Jessiman*

Patsy Gouge

*In Honor and Memory of Ralph &*

*Dot Merrell*

Ron & Margie Collins

*In Honor of Joanne Nelson*

Daryl & Jan Byrd

*In Memory of G W Norton*

Nancy Sexton

*In Memory of Barbara Stiles*

Joseph & Bobbie Yarbrough

*In Honor of Hubert & Elizabeth Styles*

Renee Styles

*In Memory of Ann Whitney*

*Hadaway Willis*

ZWJ Investment Counsel Inc

## One Senior for One Year

Kathy Boyd

Harold Elkins

## Two Seniors for One Year

Theresa Wright

## Five Seniors for One Year

In Honor of Vivian Shipe

John & Wanda Sobieski

## Seven Seniors for One Year

Robert Brizzolara



# 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 August and September 2020.

## Grandparents as Parents

Anonymous (3)  
 Alice Allen  
 Gabrielle Blake  
 Gail Brabson  
 Jami Brabson Welden  
 Catherine Gilreath  
 Alida Graves  
 Don Henson  
 Nancy Lofaro  
 Tracy Matthews  
 Leonard & Betty McKeehan  
 William & Janet Osteen  
 Tracy and Dwight Van de Vate  
 Sherry Van Meter  
 Andy Williams  
 Elizabeth Wyman  
 Zoo Knoxville  
 Chick-fil-A  
 CIGNA  
 Cruze Farm  
 Department of Children's Services  
 Halls Flower Shop  
 Mac's Pharmacy  
 Mynatt Funeral Home  
 Salvation Army  
 Trader Joe's Crew  
 Wallace Memorial Baptist Church  
*In Honor of AARP TN Volunteers*

Tracy Matthews  
*In Memory of Colin Hornsby*  
 Tracy and Dwight Van de Vate  
*In Memory of Edna Nicholson*  
 Barbara Kelly

## Music and Memory

Jan Coe  
 Nikki Lynn

## Office on Aging

Suzanne Sawusch

## Knox PAWS

Anonymous (11)  
 Laura Adams  
 Kandice Bewley Baker  
 Carolyn Blair  
 Martha Boggs  
 Linda Cunningham  
 Jennifer Gramling  
 Chelsea Grindstaff  
 Paul & Glenda Houston  
 Sue Humble  
 Leah Hunter  
 Midge Jessiman  
 Dale & Lucy Johnston  
 Bettina Laboda  
 Peter & Fawn Landrum  
 Harry McLeod

Nancy Miracle  
 Mary Mishu  
 Ruth Moore  
 Beth Needham  
 Patsy Newman  
 Stephen Oliver  
 Nancy Owens  
 Marilyn Poteet  
 Nancy Ramsey  
 Sandra Sparks  
 Emily Taylor  
 Debbie Turner  
 Robert & Laura Twilley  
 Caroline Wilder  
 Patricia Woods  
 Forest Park Animal Clinic, LLC  
 Four Winds Holistic Animal  
 Services  
 Gayk Family Fund  
 Turner Family  
*In Memory of Scout Franklin*  
 Anonymous  
*In Memory of Scout Franklin*  
 Catherine Jenna Smith  
*In Honor of Carol Harold's Birthday*  
 Linda Staton  
*In Memory of Jack*  
 Anonymous  
*In Memory of Sandra Lawson*

Melissa Rose  
*In Memory of Kenny*  
 Michael Bartlett  
*In Memory of Shirley & Raymond*  
*Linville*  
 Jean Russell  
*In Memory of Lucille Millspaugh*  
 Anonymous  
*In Memory of C. Ray Poston*  
 Carol Harold  
*In Memory of Max, Sophie, Cleo,*  
*MeeGo, Riley & SamBear Randolph*  
 Anonymous  
*In Memory of Zurie, Buddy, and*  
*Cinder*  
 Patricia Rasmussen

## Project LIVE

*In Memory of Carolyn Duncan*  
 Terri Needham

## Senior Companion Program

*In Memory of Larry Clark*  
 Anonymous (3)  
*In Memory of Larry W Clark*  
 Mickey & Luchy Burrell  
*In Memory of Larry Clark*  
 Richard & Susan Keeran  
*In Memory of Larry Clark*  
 Judith Winters



**“ I wasn't sure if I needed calls, but when I lost my best friend, I needed someone that was honest and not judgmental. My care-caller is a joy! ”**

**“ I look forward to my calls. It's a sense of relief to talk to someone who actually listens. ”**

**“ There's more than one way to worry! — My care-caller has great insight and has well rounded thinking on different issues. I don't have to worry so much after we talk. ”**

**Make a friend.  
Chat with a volunteer who cares.**

**865-524-2786 or  
knoxseniors.org/senior-care-calls**

An initiative of the CAC Retired and Senior Volunteer Program

Advertisement



**UnitedHealthcare is committed to helping Tennesseans live healthier lives**

UHC.com

United  
Healthcare

**UTILITY ASSISTANCE**

If you or someone in your household are unable to pay utilities due to loss of income as a result of COVID-19 ...

**Act NOW!** You must apply by November 10th.  
*Call the CAC Neighborhood Center near you!*

West Neighborhood Center: (865) 524-3345

East Neighborhood Center: (865) 546-5125

**ELDER NEWS & VIEWS**

**OFFICE ON AGING DIRECTOR**

Dottie Lyvers

**EDITOR**

Rachel Kraft

Knoxville-Knox County CAC Office on Aging  
L.T. Ross Building, 2247 Western Avenue P.O. Box 51650  
Knoxville, TN 37950-1650  
Phone: (865) 524-2786 • Fax: (865) 546-0832  
knox00a@knoxseniors.org • www.knoxseniors.org

# OFFICE ON AGING

KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

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

## ELDER NEWS & VIEWS

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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Nonprofit Organization  
U.S. Postage  
**PAID**  
Knoxville, TN  
Permit No. 989

NOVEMBER/DECEMBER 2020

## ELDER NEWS & VIEWS

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# MOBILE MEALS HOLIDAY CARDS ON SALE NOW

Send a message to your family, friends, and loved ones while supporting Mobile Meals. This year's greeting card package of ten will be an assortment of winter landscapes created by members of the 2019 Art Class at the O'Connor Senior Center. The greeting cards are blank inside and each pack, with envelopes, costs only \$10. All proceeds will go directly to providing meals to homebound seniors in need.

Mobile Meals Holiday Cards can be purchased online at [www.knoxseniors.org](http://www.knoxseniors.org) or you can pick up them up curbside at the CAC Office on Aging, 2247 Western Avenue (please call Mobile Meals office ahead at 865-524-2786). Cards can also be mailed to you when ordering online at [knoxseniors.org](http://knoxseniors.org) for a \$5 postage fee for up to 2 packs of cards. ■

