

ELDER NEWS

MAY/JUNE 2021

VIEWS

OFFICE ON AGING
KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

DUNCAN AWARDS 2021

19th Annual John J. Duncan, Sr. Senior Advocacy Awards Reception

John J. Duncan, Sr., Award for Senior Advocacy is held each spring to honor a professional and an individual from the community who embody the legacy of the late Representative John J. Duncan, Sr., who was an advocate for the seniors of the Second District. Nominees must work or volunteer in Knox County, and exhibit outstanding advocacy for seniors and senior issues. Funds raised through this event benefit the Senior Information & Referral (SIR) Program.



Senior Information & Referral (SIR) is

the "Google" of senior services in Knox County with a human touch! When seniors, family members, professionals, neighbors have a question or concern related to seniors in Knox County, SIR is where they go for answers. Professionally certified Community Resource Specialists - Aging/Disabilities (CRS-A/D) answer the phones/emails, help analyze and problem solve, and provide appropriate referrals to community resources. As an NCOA Benefits Enrollment Center, they assist Medicare Recipients in applying for multiple programs including Medication Assistance, Health Care Programs, Tax Relief, Housing & Utility Assistance and Food & Nutrition Services. SIR is



Aaron Bradley
Director, East Tennessee Area Agency on Aging and Disability, a Division of the East Tennessee Human Resource Agency



Vivian Underwood Shipe
Founder/Executive Director 'I am the Voice of the Voiceless'

Online Celebration
May 6, 2021
Live-stream event begins @ 4:30 PM

For full event information, including live-stream link, awardee biographies, sponsor information, silent auction, & more, please visit:
www.knoxseniors.org/Duncan2021

Covid-19 Disclaimer: In the event of a need for cancellation or postponement, please visit the website for updated information.

Proceeds from this event benefit Senior Information & Referral.

able to take the time needed to appropriately assist seniors so they can access needed services as efficiently and effectively as possible.

Support SIR by purchasing a Party Bag!

For a donation of \$10, you can receive a Party Bag with a bottle of red or white wine (a \$10-\$35 value) and a fun surprise. Go to www.knoxseniors.org/Duncan2021 for the link. ■



Senior Information & Referral

DO YOU KNOW A 100+ YEAR-OLD? In honor of Older Americans Month in May, Food City and the Knoxville-Knox County CAC Office on Aging would like to celebrate all Knox County residents who are 100 years or older. Each Centenarian will receive a flower delivery. Call Senior Information & Referral to register your favorite Centenarian! (865) 546-6262. ■

JUNE 15 IS NATIONAL ELDER ABUSE AWARENESS DAY

Rise Above Crime Combats Abuse and Offers Support to Victims

Rise Above Crime is a free program supporting older adults who have been victimized by crime. Caring professionals help older adult victims to overcome the trauma of physical, sexual or psychological violence; neglect; economic exploitation and fraud.

RISE
ABOVE CRIME

Victims benefit from:

Case Management

- Needs assessment
- In-home or safe location interview
- Connection to local services
- Safety planning
- Benefits assistance
- Transportation assistance
- Interpreter services

Legal Advocacy

- Assistance with obtaining an Order of Protection or a Restraining Order
- Assistance with completing eligible criminal injuries compensation applications
- Information on the criminal justice process
- Law enforcement interview accompaniment

Counseling Support:

- Crisis intervention
- Coffee and Conversation Discussion Group

This project was supported by Award No. 35494 awarded by the Office for Victims of Crime, Office of Justice Programs, U.S. Department of Justice through the Tennessee Office of Criminal Justice Programs. ■

Rise Above Crime refers survivors to community services for:

- Therapy
- Medical needs
- Housing
- Alcohol/drug treatment
- In-home assistance/caregiving

To qualify, you must:

- Be 50 years of age or older
- Be a victim of physical, sexual, or psychological violence; neglect; or economic exploitation and fraud
- Live in Knoxville or Knox County

For more information or to request assistance, call Rise Above Crime at (865) 524-2786.

The Senior Employment Service invites you to the

SENIOR JOB FAIR

Employers who want to hire seniors will be on hand to discuss job opportunities. Grab your mask and bring your resume! Talk one-on-one to vendors about the kinds of jobs they offer.

More than 20 vendors looking to hire seniors will be on hand to discuss job opportunities in fields such as:

- Clerical
- Retail
- Service industry
- Home health care
- Hospitality industry
- And more . . .

For more information, visit www.knoxseniors.org/jobfair or call the Senior Employment Service at 865-524-2786.

For everyone 55+

May 5 • 9-11 am

Ross Building Parking Lot
2247 Western Avenue

Questions? Call Brenda Tate at 865-524-2786.

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



COVID-19 POSES GREATER RISK TO GRANDFAMILIES

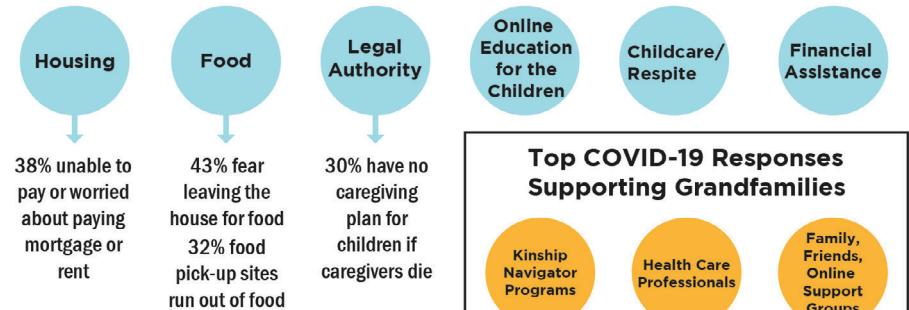
According to the US Census, COVID-19 poses a greater risk to grandfamilies than other families. Almost half of all grandparent caregivers are age 60 and older, and grandparent caregivers are much more likely to have a disability than the parent of the children.

Grandfamilies trying to heed safety protocol to create distance between themselves from young people and others becomes impossible. With this pandemic and its resulting deaths, COVID-19 is not only heightening challenges for existing grandfamilies, but creating new ones - virtual schooling, limited special education services, and mental health issues.



COVID-19 Challenges Facing Grandfamilies

A survey of 600 caregivers showed:



Source: Generations United: State of Grandparents 2020

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. ■

SHOP AT THREE RIVERS MARKET IN MAY AND SUPPORT THE GRANDPARENTS AS PARENTS PROGRAM

Three Rivers Market, Knoxville's Community Food Co-op, has chosen the Grandparents as Parents (GAP) program as the recipient of their May 2021 Nourishing Change program. When you check out at the register, you can round up your change to the nearest dollar (or any amount) and all of the change collected will benefit the GAP program. Shop the Co-op in May and support GAP!

Three Rivers Market is located at 1100 N. Central Avenue in Knoxville. Open Daily 10 AM-7 PM. MASKS ARE REQUIRED. Learn more about the Co-op and the Nourishing Change program at www.threeriversmarket.coop.



COUNCIL ON AGING PROGRAMS GARDENING FOR YOUR HEALTH WITH BEARDSLEY FARM

Planting flowers and vegetables can reap bountiful bouquets and delicious harvests for your dining table. But did you know gardening can also do wonders for your well-being? Join us as Beardsley Farm staff tell us how gardening benefits our minds, bodies and souls while giving a guide on how to get started with your own garden.

CAC Beardsley Community Farm works to increase food security in Knoxville by providing fresh produce, accessible education, and land and

May 13, 2021 • 2:30 P.M.

Virtual Meeting at knoxseniors.org

resources for gardening.

Meeting link is at knoxseniors.org.

Join by phone

1-844-621-3956 United States Toll Free

Access code: 132 069 5576 ■

CAC MOBILE MEALS CELEBRATED MARCH FOR MEALS

MARCH FOR MEALS is an annual, nationwide, month-long event designed to generate public awareness about the challenges faced by our most vulnerable neighbors who receive services from programs like Mobile Meals. This celebration is also intended to showcase the successes of the Older Americans Act, help recruit new volunteers from our community, and increase fundraising from local businesses and supporters.



Hunger and isolation are both serious problems facing our senior population. These problems have been intensified during the COVID-19 pandemic and have driven senior nutrition programs, like Mobile Meals, to the frontlines. The month of March mobilizes hundreds of local programs across the country to reach out to their communities and build the support that will enable them to serve America's seniors all year long.

Mobile Meals celebrated the Annual March event by hosting guests from a long list of elected officials who delivered a hot meal and a friendly visit to homebound seniors on a day of their choice during the month of March. Those who participated by delivering helped raise awareness for the program and were provided a great opportunity to see the impact Mobile Meals makes, all while connecting with their senior constituents. Mobile Meals wishes to extend a big "thank you for your support" to the following who recently experienced a Mobile Meals route delivery:

- Knox County Mayor Glenn Jacobs
- Knoxville City Mayor Indya Kincannon
- Congressman Tim Burchett
- Lt. Governor Randy McNally
- Senator Becky Duncan Massey
- Knox County Sheriff Tom Spangler
- Dr. Dasha Lundy, County Commission
- Terry Hill, County Commission



Mobile Meals Volunteer Sally Little, Karen Estes, Congressman Tim Burchett, and Judith Pelot



Knoxville Mayor Indya Kincannon and Judith Pelot



Knox County Mayor Glenn Jacobs



Mobile Meals Volunteer Elaine Frank and Lt. Governor Randy McNally

- Courtney Durrett, County Commission
- Seema Singh-Perez, City Council
- Lauren Rider, City Council

The need is now greater than ever and Mobile Meals strives to provide food and support to over 1,100 homebound seniors daily. For Mobile Meals to continue to provide this valuable service without a waiting list, we need your

help. Frail seniors can't wait. To volunteer (any time you are available) email: MobileMealsVols@knoxseniors.org or call 865-524-2786. To donate online, visit www.knoxseniors.org/mobile or mail: Mobile Meals, P.O. Box 51650, Knoxville TN 37950 (100% of your donation will help provide meals to elderly in need)

CAC Mobile Meals.... Bringing food and hope since 1971 ■

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.

Please be aware that class sizes may be limited. Call the morning of to reserve your spot!

While in the facility, staff and guests will be required to be temperature checked upon entry and wear a face mask during their stay. Please remember to check your temperature before leaving your home. Wear your mask to protect those around you. If you are experiencing any symptoms of sickness please stay home. We would love to have you participate when you have been cleared by your physician. Keep in mind that outdoor and car park 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 for any additional announcements and virtual activities!

The O'Connor Senior Center will be closed on the following dates

Monday, May 31 for Memorial Day

****PARTICIPANTS MUST CALL AHEAD AT 865-523-1135 TO RESERVE A PLACE FOR PROGRAMS. PARTICIPATION MAY BE LIMITED DUE TO CLASS SIZE RESTRICTIONS. ****

RECREATION

Car Park Bingo: Enjoy this friendly game on Fridays 1:00pm to 2:00pm. Sponsors for snacks and callers are needed. Call 865-523-1135 to find out how to get involved.

Knitting & Crocheting: Peer instruction available for beginners.

Virtual Bingo: Live virtual bingo every Thursday at 1:30 pm on Facebook Live! This is fun for everyone and we will be giving out prizes for the winners.

Wood Carving: Peer instruction available for beginners.

HEALTH SCREENINGS

Blood Sugar Checks: Mondays, 8:30 am, A 12-hour fast is recommended to insure a correct reading.

Blood Pressure Checks: Mondays, 9:30 am-10:30 am.

PHYSICAL FITNESS

Exercise: Arthritis Foundation: The Basic Class offers seated exercise with limited physical exertion. Advanced Class has good physical exertion. In addition to exercise, the O'Connor Friendly Nurse ensures the class meets your daily requirement of fun and fellowship.

Line Dancing: Intermediate, Beginner and Intro to Line Dancing in our auditorium. Call in advance to RSVP!

SPECIAL EVENTS

Seniorific Park Days with the City of Knoxville Parks and Recreation - May 12, 19, and 26. Call for more information on these special events!

O'Connor Golf Tournament: O'Connor Fundraiser Golf Tournament, Three Ridges Golf Course, Friday, June 11th, 8:30 tee time. Players and sponsors needed. Brochures are available to be emailed, mailed, or picked up at the O'Connor Center. Please call 865-523-1135 for information or to sign up!

MAY 2021 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8:30 am Advanced Cardio 1:30 pm Intermediate Line Dance	4 9:00 am Co-Ed Softball 10:00 am Basic Arthritis 11:00 am Advanced Arthritis 1:30 pm Intro. Line Dance	5 8:30 am Advanced Cardio 1:30 pm Beg. Line Dance	6 9:00 am Knitting & Crocheting 9:00 am Co-Ed Softball 10:00 am Basic Arthritis 10:00 am Happy Hikers & Walkers 11:00 am Advanced Arthritis 1:30 pm Virtual Bingo	7 9:00 am Woodcarving 12:00 pm Jam Band 12:00 pm Fun Friday Movie 1:00 pm Car Park Bingo 11:00 am Mammogram Information & Education sponsored by United Cancer Support Foundation
10 8:30 am Advanced Cardio 1:30 pm Intermediate Line Dance	11 9:00 am Co-Ed Softball 10:00 am Basic Arthritis 11:00 am Advanced Arthritis 1:30 pm Intro. Line Dance	12 8:30 am Advanced Cardio 1:30 pm Beg. Line Dance Seniorific Park Day	13 9:00 am Knitting & Crocheting 9:00 am Co-Ed Softball 10:00 am Basic Arthritis 10:00 am Happy Hikers & Walkers 11:00 am Advanced Arthritis 1:30 pm Virtual Bingo	14 9:00 am Woodcarving 12:00 pm Jam Band 12:00 pm Fun Friday Movie 1:00 pm Car Park Bingo
17 8:30 am Advanced Cardio 1:30 pm Intermediate Line Dance	18 9:00 am Co-Ed Softball 10:00 am Basic Arthritis 11:00 am Advanced Arthritis 1:30 pm Intro. Line Dance	19 8:30 am Advanced Cardio 1:30 pm Beg. Line Dance Seniorific Park Day	20 9:00 am Knitting & Crocheting 9:00 am Co-Ed Softball 10:00 am Basic Arthritis 10:00 am Happy Hikers & Walkers 11:00 am Advanced Arthritis 1:30 pm Virtual Bingo	21 9:00 am Woodcarving 12:00 pm Jam Band 12:00 pm Fun Friday Movie 1:00 pm Car Park Bingo
24 8:30 am Advanced Cardio 1:30 pm Intermediate Line Dance	25 9:00 am Co-Ed Softball 10:00 am Basic Arthritis 11:00 am Advanced Arthritis 1:30 pm Intro. Line Dance	26 8:30 am Advanced Cardio 1:30 pm Beg. Line Dance Seniorific Park Day	27 9:00 am Knitting & Crocheting 9:00 am Co-Ed Softball 10:00 am Basic Arthritis 10:00 am Happy Hikers & Walkers 11:00 am Advanced Arthritis 1:30 pm Virtual Bingo	28 9:00 am Woodcarving 12:00 pm Jam Band 12:00 pm Fun Friday Movie 1:00 pm Car Park Bingo
31 CENTER CLOSED  Memorial DAY				

JUNE 2021 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00 am Co-Ed Softball 10:00 am Basic Arthritis 11:00 am Advanced Arthritis 1:30 pm Intro. Line Dance	2 8:30 am Advanced Cardio 1:30 pm Beg. Line Dance	3 9:00 am Knitting & Crocheting 9:00 am Co-Ed Softball 10:00 am Basic Arthritis 10:00 am Happy Hikers & Walkers 11:00 am Advanced Arthritis 1:30 pm Virtual Bingo	4 9:00 am Woodcarving 12:00 pm Jam Band 12:00 pm Fun Friday Movie 1:00 pm Car Park Bingo
7 8:30 am Advanced Cardio 1:30 pm Intermediate Line Dance	8 9:00 am Co-Ed Softball 10:00 am Basic Arthritis 11:00 am Advanced Arthritis 1:30 pm Intro. Line Dance	9 8:30 am Advanced Cardio 1:30 pm Beg. Line Dance	10 9:00 am Knitting & Crocheting 9:00 am Co-Ed Softball 10:00 am Basic Arthritis 10:00 am Happy Hikers & Walkers 11:00 am Advanced Arthritis 1:30 pm Virtual Bingo	11 8:00 am O'Connor Annual Golf Classic at Three Ridges Golf Course 9:00 am Woodcarving 12:00 pm Jam Band 12:00 pm Fun Friday Movie 1:00 pm Car Park Bingo
14 8:30 am Advanced Cardio 1:30 pm Intermediate Line Dance	15 9:00 am Co-Ed Softball 10:00 am Basic Arthritis 11:00 am Advanced Arthritis 1:30 pm Intro. Line Dance	16 8:30 am Advanced Cardio 1:30 pm Beg. Line Dance	17 9:00 am Knitting & Crocheting 9:00 am Co-Ed Softball 10:00 am Basic Arthritis 10:00 am Happy Hikers & Walkers 11:00 am Advanced Arthritis 1:30 pm Virtual Bingo	18 9:00 am Woodcarving 12:00 pm Jam Band 12:00 pm Fun Friday Movie 1:00 pm Car Park Bingo
21 8:30 am Advanced Cardio 1:30 pm Intermediate Line Dance	22 9:00 am Co-Ed Softball 10:00 am Basic Arthritis 11:00 am Advanced Arthritis 1:30 pm Intro. Line Dance	23 8:30 am Advanced Cardio 1:30 pm Beg. Line Dance	24 9:00 am Knitting & Crocheting 9:00 am Co-Ed Softball 10:00 am Basic Arthritis 10:00 am Happy Hikers & Walkers 11:00 am Advanced Arthritis 1:30 pm Virtual Bingo	25 9:00 am Woodcarving 12:00 pm Jam Band 12:00 pm Fun Friday Movie 1:00 pm Car Park Bingo
28 8:30 am Advanced Cardio 1:30 pm Intermediate Line Dance	29 9:00 am Co-Ed Softball 10:00 am Basic Arthritis 11:00 am Advanced Arthritis 1:30 pm Intro. Line Dance	30 8:30 am Advanced Cardio 1:30 pm Beg. Line Dance		

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 February and March 2021.

Anonymous (37)	Scott & Barbara Tipton	<i>In Memory of Don Hutchison</i>	<i>In Memory of Joanna Venable</i>	Sue Humble	Management Society at the	<i>Hobson</i>
Diana Amann	Linda Townsend	Hardin Valley Church	Janice Maclin	William Irwin	University of Tennessee	Bobbie Legg
Bob Andres	Joan Turbyville	of Christ Mobile Meals	<i>In Memory of Joanna Venable</i>	David & Janice Ishee	Mount Olive Baptist	<i>In Honor of Johnnie Hoskins</i>
Jarrold Arellano	Karen Tyrell	Delivery Team L & P	McDonald	Jacquelyn Jacobs	Church Faith Sunday	W.H. & Patricia Miller
Claude Barnes	Larry Viles	McDonald	<i>In Memory of Don Hutchison</i>	Kalman Johnson	School Class	<i>In Honor of Humanity</i>
Grant Bishop	Carolyn Waugh	Joanne Bohl	Anonymous	William Johnson	Phi Alpha Delta Knoxville	Michael & Holly Smith
Jim Brine	Abigail Wegman	<i>In Honor of Joseph Julian Jimenez</i>	McMurry & Company, PLLC	Louie Keeling	Alumni Chapter	<i>In Memory of Don Hutchison</i>
Ken & Kaye Brock	Angela White	<i>In Memory of Thomas N. Lewis</i>	<i>In Memory of Joanna Venable</i>	Donna Kennedy	Realty Trust Group, LLC	Hardin Valley Church
Laura Ann Brown	Lynn & Judy White	Anonymous	Nancy Taylor	Dawn Kirk		of Christ Mobile Meals
Mia Brown	Elizabeth Williams	<i>In Honor of Klappholz's</i>	<i>In Memory of Susanna Waldbauer</i>	Todd & Lisa Koob		Delivery Team Woody & Gwen Byars
Joyce Brown	Linda Williams	Jessica Poole	Richard & Carol Waldbauer	Ronald & Angela Kramer		<i>In Memory of Don Hutchison</i>
Daryl & Connie Campbell	Cheri Worthington	<i>In Memory of Michael Lail</i>	<i>In Memory of Richard G. Ward</i>	Elaine Kreil	Adopt A Senior Program In Memory or Honor	Hardin Valley Church
J A Carson	24/7 Commercial Cleaning	Anonymous	Beth Logan	Candace Lasley	<i>In Memory of Edna Williams Allison</i>	of Christ Mobile Meals
Andrea Charlton	Colonial Heights United	<i>In Memory of Thomas N. Lewis</i>	Jessica Earl	Robert Lee	Richard & Pamela Ward	Delivery Team Kenneth & Deborah Martin
Janice Connell	Methodist Church J. Ray	Betty Loveday	<i>In Memory of Charles and Joyce Worthington</i>	James Lemme	<i>In Memory of Dr. Walter Beahm</i>	<i>In Memory of Don Hutchison</i>
Gary Cooper	Stuart Sunday School	<i>In Memory of Tom Lewis</i>	Cheri Worthington	Elizabeth Lillie	Mr. & Mrs. James Coffin	Hardin Valley Church
Barbara Culbert	Class	John & Sarah Watkins		Ethel Lowe	<i>In Honor of Marilyn Black, my mother</i>	of Christ Mobile Meals
William Dixson	Smithwood Baptist Church	<i>In Memory of Annabelle Monnerjahn</i>		Gloria Ann Lunsford	Debbie Martin	Delivery Team Roger & Tommie Phillips
Donna Fielden	Joy Class	Anonymous		Courtney Manrod	<i>In Memory of Faye Bomar</i>	<i>In Memory of James Leon Lankford</i>
Emile Finstad		Kimberly Bailey		Gordon McGhee	Anonymous	Dan & Moira Ely
Kim Fitch	Senior Nutrition Program In Memory or Honor	<i>In Memory of Dorothy Mullins and Margaret Rutherford</i>		Douglas & Rebecca McNeil	<i>In Memory of Thomas Boyd</i>	<i>In Memory of Tom Lewis</i>
Susan Fowlkes	<i>In Memory of Thomas E. Boyd</i>	John & Debbie Black		Kenneth & Polly McNutt	Anonymous	Elizabeth Card
Doris Glass	Becky Cox	James & Nancy Bolon		Martha Meigs	<i>In Memory of Thomas E. Boyd</i>	<i>In Memory of Tom Lewis</i>
Richard Gloeckler	<i>In Memory of Thomas Eugene Boyd</i>	Jim Brine		Betty Moore	Beaty Chevrolet	Ruth Green
Barbara Gorman	Debra Jett	William Bugg		Bob Moyer	<i>In Memory of Mrs. Martha Alderson Brichetto</i>	<i>In Memory of Tom Lewis</i>
Marcia Gray	<i>In Memory of Tom Boyd</i>	Bobbie Bull		David & Barbara Myers	Mr. & Mrs. Richard Buchignani and Family	<i>In Memory of Tom Lewis</i>
Susan Gray	Valley Grove Baptist Church	Marcus Bumgarner		James Nance	and Mrs. Robert E. Argo	Anonymous
Dawna Gray	<i>In Memory of Thomas Boyd</i>	Jo Ann Christopher		Nancy Noble	<i>In Honor of Tammy Bridges</i>	<i>In Memory of Thomas E. Boyd</i>
Patricia Greene	Robert & Wanda Yearwood	Christine Clarke		Helen Roehl O'Connor	Anonymous	Paul & Toni Shaw
Peyton Hairston	<i>In Memory of Peggy Bradbury</i>	Connie Cole		Richard L Pace	<i>In Memory of Georgia Narramore Brooks</i>	<i>In Honor of David & Susan Long</i>
Aimee Harper	Dennis Bradbury	Ron & Margie Collins		Deborah Perry	Anne Brooks Haston	Baker Jones
Kathleen Henry	<i>In Memory of Agnes Cook</i>	Eileen Combs		Blynn & Ruth Prince	<i>In Memory of Phyllis Campbell</i>	<i>In Honor of & memory of Ralph & Dot Merrell</i>
Howard & Ruthie Johnson	Diane Cook	Cathy Converse		Patricia Radford	Anonymous	Ron & Margie Collins
Gail Jones	<i>In Honor of Renee Echols' Birthday</i>	Debbie Coyle		Natalie Readett	<i>In Memory of Sara Cook</i>	<i>In Honor of Sa Moonpom</i>
Beverly Keith	Carol Harold	Corine E. Crawford		Lavon & Darlene Rickard	Gary & Martha Masterson	Joyce Tipton
Robert Kemp	<i>In Honor of Norman E. George</i>	Susan Denning		Charles & Sharon Sensenbach	<i>In Memory of Ione Cristil and Betty & Lou Thacker</i>	<i>In Honor of My Grandmother</i>
Georgia Ruth King	Irvin & Margaret Willis	Leonard Dial		Kim Smith	Patricia Cristil	Anonymous
Jo Learn	<i>In Memory of Alford Lee Grant</i>	Shirley K & Verdus Dyke		George & Betty Southworth	<i>In Honor of Dave & Mary Fredna Danford</i>	<i>In Memory of My Parents</i>
Don Lett	Patricia Grant	Steve Early		Earl & Loretta Spearman	John & Lynn Blackburn	Robert & Mary Jean Bryant
Pam Lovell	<i>In Memory of Gwendolyn I. Hardy</i>	Allan & Donna Ellstrom		Tina-Margaret Steele	<i>In Memory of Gorley Deaton</i>	<i>In Honor of Janice Noe</i>
Debbie Lowe	Walter & Angela Hardy	Dan & Moira Ely		Maureen & Bob Stokes	Dana Stiles	Tyra Noe & Johnny Gallion
David McCormick	Cross	Kathy Emery		Kaye P Stoneking	<i>In Memory of Paul D. Ewing</i>	<i>In Memory of Marie Palisano</i>
Thomas McDonald	<i>In Memory of Don Hutchison</i>	Sandra Powell Emond		Starr E Suneson	V J Ewing	Anonymous
Ruth McLeod	Hardin Valley Church	Barbara Froula		Steven & Lee Turner	<i>In Honor of John Foley</i>	<i>In Memory of Douglas J. Peek</i>
William & Diane Melton	of Christ Mobile Meals	Kenneth Gilbert		Cathy Walker	George & Patricia Bradshaw	Joe and Charlene Mischlich
Jennifer Mirts	Delivery Team Thomas & Joan Jordan	David & Carol Giles		Larry & Chris Warren	<i>In Memory of John V. Fopeano</i>	<i>In Honor of Joe Peyton</i>
Ted Morrison	<i>In Memory of Don Hutchison</i>	Charles Glasscock		Elizabeth Wieselquist	Gary Steadman	Anonymous
Katelyn Mull	Hardin Valley Church	Krish Gomatom		David & Faye Wilson	<i>In Memory of my mother Dorothy Frost</i>	<i>In Memory of Robert (Bob) Powers</i>
Lana Needham	of Christ Mobile Meals	Manu Gopalakrishnan		Mona Word	Catherine Cooper	Dawn Munroe
Nancy Newman	Delivery Team Mark & Marsha Kohring	Mary Gouge		Randy & Jennifer Wylie	<i>In Honor of Government Stimulus Check!</i>	<i>In Memory of Robert Powers and honor of The Powers & Baird Families</i>
Mary Ogan	<i>In Memory of Don Hutchison</i>	Denise Gray		Beaver Creek Cumberland Presbyterian Church	Allan & Donna Ellstrom	Carolyn Anderson
Julius Parker	Hardin Valley Church	William Greene		Presbyterian Church Searchers Sunday School	<i>In Honor of Mickey & Carol</i>	<i>In Honor of Mildred M. Roberts</i>
Blanche Pedersen	of Christ Mobile Meals	Cheryl Gutridge		Concord Presbyterian Church		Clyde Roberts
Gerald Perlman	Delivery Team Mark & Marsha Kohring	Jessica Hatch		Concord United Methodist Church		<i>In Memory of Natalie</i>
Norman Queener	<i>In Memory of Don Hutchison</i>	Jack & Lisa Heck		Church Souper Bowl of Caring		
John Rozek	Hardin Valley Church	Walter & Jody Henderson		Erin Presbyterian Church		
Sarah Rule	of Christ Mobile Meals	Howard Kenneth Hicks Jr		Farragut Presbyterian Church Outreach Committee		
Barbara Ryan	Delivery Team Mark & Marsha Kohring	Bob & Janie Hill		First Baptist Church		
Umar Saddiq	<i>In Memory of Don Hutchison</i>	David & Mary Jo Holden		Concord Agape Sunday School Class		
Elvin Todd Seymour	Hardin Valley Church	John & Dianne Kerr				
James & Ann Shay	of Christ Mobile Meals					
Ronald & Virginia Shrieves	Delivery Team Mark & Marsha Kohring					
John & Beth Smith	<i>In Memory of Don Hutchison</i>					
Diane Snider	Hardin Valley Church					
John & Cheryl Szabat	of Christ Mobile Meals					
Brian & Cindy Thomas	Delivery Team Sylvia Marshall					
Brandon Thompson						

Levison Robinson
 Kimberly Beaudin
In Memory of Natalie
Levison Robinson
 Kathy Drew
In Memory of Natalie
Robinson
 Scott Hahn
In Memory of Natalie
Robinson
 Renee Hyatt & Paul Erwin
In Memory of Natalie
Robinson
 LaDonna Keirse
In Memory of Natalie

Robinson
 Deborah Roberts
In Memory of Natalie
Robinson
 Teddi Sanford
In Memory of Natalie
Levison Robinson
 Tim Morales & Associates
 Inc
In Honor of Bernie Sanders
 Jenifer Fraker
In Memory of Ralph & Christine Smith
 James & Sherburne
 Martin

In Memory of Wilma Webster Snyder
 Pete & Dot Mills
In Memory of Ravinder K Sood
 Raj & Margaret Sood
In Honor of Gladys Spears
 Stephen & Teresa Fisher
In Memory of Joan Stannard
 Brian Stannard
In Memory of Frances Swatzell and in honor of the staff at First United Methodist Church
 James Swatzell

In Memory of Evelyn Templin
 Charles & Wilma Branner
In Honor of Dr. Gealon Thomas, DDS
 Anonymous
In Memory of Joanna Smith Venable
 Anonymous
In Memory of Joanna Venable
 Jane Burchfield
In Memory of Joanna Venable
 Lee & Carol Ownby

In Honor of Selma Whitson
 Barry Whitson
In Honor of Dr. Lee Wilson
 Fred & Raisa Killeffer
In Memory of Catherine R. Wright
 Otto Wright
One Senior for One Year
 Anonymous (2)
 John & Sabra Buchheit
 Robert & Honerlin Del Moro
 Bryan & Susan Eaves

Harold Elkins
 John and Lillian Mashburn
 Jennifer Ward
One Senior for One Year In Memory or Honor
In Honor of Pam Chambers
 Tom & Joanie Koehn
In Honor of Donna Ellstrom
 Elizabeth C Turner
In Memory of John Davis
 "JD" Lee
 Smoothy, LLC

Two Seniors for One Year
 Gordon Thomas
Four Seniors for One Year
 Anonymous
 Kimberly-Clark Corporation

Advertisements



Cigna
 Franklin "Andy" Williams
 Benefits Advisor
 Knoxville—East TN Market
 Cell: 865.287.0176 | franklin.williams@cigna.com

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CLASSROOM GRANDPARENTS



Are you 55 years of age or older? Do you love children?
 Can you volunteer a few hours each week at a school?
 Do you need a little extra income?
We offer a wide range of benefits!
 If you answered YES to any or all of these questions,
THE FOSTER GRANDPARENT PROGRAM IS READY FOR YOU!

- Tax-free stipend (does not affect benefits like Social Security)
- Travel reimbursement
- Meal allowance
- Paid training opportunities

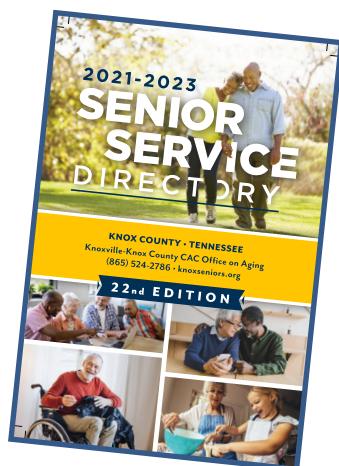
865-524-2786  **AmeriCorps Seniors**

MAY IS OLDER AMERICANS MONTH!

OLDER AMERICANS MONTH CELEBRATION DRIVE-THRU and SENIOR SERVICE DIRECTORY DISTRIBUTION EVENT

Join us for an Older American's Month Celebration Drive Thru on May 18 at O'Connor Senior Center from 9 am until 11 am. Pick up the new 2021-2023 Senior Service Directory and a special sweet treat! Help us celebrate you!

For over 40 years, the Senior Service Directory has served as an informative reference tool for anyone needing



COMMUNITIES OF STRENGTH: MAY 2021

information about services and programs for seniors in Knoxville and Knox County. Whether you're a senior, a caregiver, family member, or professional, this "little yellow book" provides

resources and information on a wide variety of topics relevant to the needs of older adults. Thanks to our generous sponsors, we are able to distribute the directory to anyone and everyone who wants it free of charge. If you find the book to be useful, please thank our sponsors!

Copies of the directory are available at the Office on Aging, O'Connor Senior Center and other county senior centers, hospitals, libraries, and sponsor offices. Join us at the Celebration Drive Thru to pick up your copy, hot off the press!

Attendees should remain in their cars and wear a mask when interacting with staff. ■

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 February and March 2021.

- Emergency Fund for Seniors**
Barry Shumpert
- Grandparents as Parents**
Gail Brabson
Leigh Ann Garrett
Rebecca Newcomb
Tracy & Dwight Van de Vate
Cokesbury United Methodist Church
- Office on Aging**
Robert Baker
Messiah Evangelical Lutheran Church
- Knox PAWS**
In Memory of Teddy & Murphy Long
David & Susan Long
In Memory of Dunder Max
- Norma Beth Hamm
In Memory of Lucille Millspaugh
Anonymous
In Memory of Shelby Neil
Anonymous
In Honor of Elaine (Missy) Noon
Anonymous
In Memory of Max, Sophie, Cleo, MeeGo, Riley & SamBear Randolph
Anonymous
In Honor of Splash
James Fearon
In Memory of Stu
Monica Franklin
In Memory of John Charles White
Betsy & Bruce Foster
Anonymous (4)
Monica Franklin
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Marty Hatfield
- Paul & Glenda Houston
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Stephen Oliver
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- Senior Companion Program**
In Memory of Bill Adams
Barry Davis
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- Rekke Negga
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Michael Taylor
Janie Wendelken
- Caroline Brooks Wilder
Winnie Wilson
East Tennessee Music Therapy
ETBDC friend
- Senior Information & Referral**
In Memory of Sarah Petty
David & Susan Long
- Daily Living Center and John T. O'Connor Center**
Andrew Scruggs
- Project LIVE**
Dawna Gray
- Gift of Sight, Hearing, and Dentures**
Andrew Scruggs



Read the Office on Aging's 2020 Annual Report online at knoxseniors.org/report.

3 EASY WAYS YOU CAN SUPPORT THE KNOXVILLE COUNCIL ON AGING

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

Kroger Community Rewards

The Kroger Family of Stores is committed to bringing hope and help to local communities. They do this through a variety of activities, including charitable giving, sponsorships and the unique Community Rewards Program of Kroger.

Kroger Community Rewards make fund-raising easy...all you have to do is shop at Kroger and swipe your Plus Card! Visit their website at www.krogercommunityrewards.com to review the terms and conditions and register to participate. If you don't use a computer for internet business, register by phone at 1-800-576-4377 ["Community Rewards"].

Knoxville-Knox County Council on Aging's organization number is 16424. You must link your card every year starting August 1st.

AmazonSmile

Amazon will now donate 0.5% of the price of your eligible purchases when you shop at AmazonSmile (www.smile.amazon.com). Please buy books, e-books and other merchandize on the AmazonSmile website, designating Knoxville-Knox County Council on Aging as recipient of its charitable gift program.

iGive.com

iGive.com allows you to support your favorite cause with a percentage of your online shopping. Every time you shop at any of the 1,500+ online stores in the iGive network, a portion of the money you spend benefits Knoxville-Knox County Council on Aging. It's a free service and you'll never pay more when you reach a store through iGive. To get started, just create your free iGive account.

Start giving at: www.iGive.com/Knoxville-KnoxCountyCouncilonAging ■

ELDER NEWS & VIEWS

OFFICE ON AGING DIRECTOR

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knox00a@knoxseniors.org • www.knoxseniors.org

4 ways to volunteer & SAFELY SERVE A SENIOR



1

DELIVER A MEAL

Deliver a hot meal to a homebound senior during lunchtime and provide a wellness check

Although social distancing is still in effect, by following the 5 core practices you can help a senior stay independent in their own home!



2

CALL A LONELY SENIOR

Often our phone rings and it's another scammer or telemarketer. But isn't it wonderful to get a call from a friend or loved one?

Volunteer and check in on a lonely senior in our community with Senior Care Calls!



3

VISIT A NEIGHBOR

If volunteering with an agency does not fit your schedule, porch visits are a great way to support a senior in your neighborhood!

Read a book together or set up a time to chat and enjoy the spring time sunshine.



4

RUN AN ERRAND

Learn your neighborhood & make a friend by running an errand for a senior.

Volunteer driver programs are following strict cleaning procedures and are a great way to slowly & safely build your network.



STAY SAFE & SUPPORT A SENIOR FRIEND

Contact Sam to find the perfect volunteer opportunity

865-524-2786

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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MAY/JUNE 2021

ELDER NEWS & VIEWS

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PERSONAL SAFETY FOR SENIORS

Crime is a frightening problem for everyone when we age, we may feel more uncertain and concerned about our personal safety. When we start to get out and about again, you may be worried about burglary, fraud, muggings or purse snatchings. As an older adult, you don't have to feel helpless. Join us as a member of the Knoxville Police Department's Safety Education Unit gives us practical tips on how to stay aware and safe as we get back to our new normal.

The Safety Education Unit of the Knoxville Police Department is dedicated to fostering a police-community

June 10, 2021 at 2:30 P.M.

**Virtual Meeting
at knoxseniors.org**

partnership by taking a leadership role in the development, management and delivery of innovative, progressive, and effective crime prevention programs.

Meeting link is at knoxseniors.org.

Join by phone

1-844-621-3956 United States Toll Free

Access code: 132 069 5576 ■

