

ELDER NEWS

JANUARY/FEBRUARY 2022

VIEWS

OFFICE ON AGING
KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

SNOWFLAKE BALL IS BACK BABY!

Saturday, March 5, 2022

6:30 pm – 9:00 pm

Rothchild Conference Center
8807 Kingston Pike in Knoxville

Tickets go on sale on January 3rd and can be purchased online at knoxseniors.org/snowflakeball2022 or by calling 865-524-2786.

Make plans now to attend the 2022 Snowflake Ball. Join us for a wonderful evening of entertainment with dinner and dancing to benefit the Senior Companion Program. We are very excited to host Snowflake Ball in-person this year. We missed the company of our friends and supporters in 2021. Here is your chance to get together with your nearest and dearest and celebrate! Come prepared to bid on amazing Silent Auction items to help support Senior Companions. Once again, we will crown a Snowflake Ball Queen and King at the event. Nominees started hosting fundraising events in November 2021 to support the Senior Companion Program. Whoever raises the most will be crowned Queen and King. Who will it be? Party with us and see!

You can vote for your choice of King and Queen with your donation at knoxseniors.org/snowflakeball2022

Did you know that 40% of seniors in our community experience isolation on a regular basis? Can you imagine growing older in your home without the support of any family, friends, neighbors, or financial stability? Who would you call for help?

For over 300 seniors in Knox County, the answer is the CAC Senior Companion Program. This unique program mobilizes senior volunteers to provide support to homebound, lonely, and isolated older adults - free of charge.

Senior Companion volunteers receive a small stipend for their service. This helps them purchase necessities such as food and medicine. Funds raised through the Snowflake Ball will go towards covering the stipend, meals, and transportation costs for Senior Companion Volunteers.

MEET THE SNOWFLAKE BALL QUEEN AND KING NOMINEES

QUEENS

Jennifer Baugh-Ratcliff,
NHC Homecare

"I'm running for Snowflake Ball Queen because I truly believe in the Senior Companion Program's mission to provide opportunities to gain a sense of purpose through their service and assist with the prevention of loneliness."



Caroline Brooks-Wilder,
Owner, Roost

"The Senior Companion Program helps not only the homebound seniors receiving services, it also helps the volunteers that provide the services. I am honored to help raise not only money but awareness for this important program."



Holly Hood, *Westmoreland Health & Rehab*

"I'm honored to have been nominated to run for Snowflake Ball Queen this year and look forward to helping the Senior Companion Program with their mission of Helping People, Changing Lives."



Emma Parrott, *Elder Law of East Tennessee*

"I am running for the Snowflake Ball Queen because I believe that all older adults have the right to fulfilling, happy lives engaged with their community."



KINGS

Greg Chandler, *Smoky Mountain Hospice*

"Joining colleagues in the Snowflake Ball Court is a wonderful privilege, a way to impact more seniors and their families. And that is our highest honor."



Brian Hatmaker, *The University of Tennessee Hospice, Co-owner, Orange Hat Brewery*

"Being in the Healthcare field for over 20 years, the Senior Companion Program mirrors how I've provided services. Their service and community driven mission exemplifies my personal ethics and values."



Charles Lomax, *City of Knoxville*

"I'm running for Snowflake Ball King to bring more awareness to the amazing work being done, and to potentially generate more interest for those able to donate time or resources."



Tony Murchison, *The University of Tennessee College of Social Work*

"I have long admired the work of the CAC, and specifically, the Office on Aging. I am running for Snowflake Ball King to support the cause of meeting the needs of the older adult population."



Presented by

Morning Pointe
Assisted Living & Memory Care

Mac's
HOMETOWN PHARMACEUTICALS

Life Care Center
of Blount County

UnitedHealthcare

Senior Financial Group
Doing Medicare Differently.

JANUARY COA PROGRAM CAREGIVERS AFTER THE HOLIDAYS: FAMILIES IN A SCRAMBLE

Thursday, January 13, 2022
2:30 pm
Virtual Program

**Edward Harper,
LCSW, Senior
Services, Blount
Memorial Hospital**



As families notice critical differences in the limitations of vulnerable members over the holiday seasons, that notice tasks them with developing a response. It is in the months of January through March that family caregivers are processing what they witnessed and experienced. It is not uncommon for them to see their expectations of a working plan become altered beyond effectiveness. They are families in a scramble to bring balance and safety in their family. This presentation will talk through some the processes and resources that assist families in a scramble.

Edward Harper, LCSW, has been the coordinator of Senior Services at Blount Memorial Hospital since 2000. He has been a practicing clinician in counseling and community services since 1976. He has developed a direct care program that is specific to supporting the welfare of caregivers.

Find the link at knoxseniors.org/upcomingcoameetings. ■



[L to R] Dottie Lyvers, CAC Office on Aging Director, Deisha Finley, Associate Director for Volunteer Management and Special Projects, Charles Hewgley, President, Tennessee Federation for the Aging, and Sam Reddick, Lead Retired and Senior Volunteer Program Coordinator.

SENIOR CARE CALLS RECEIVES THE AGING INNOVATION AWARD

Senior Care Calls was presented with the Aging Innovation Award during the Tennessee Federation for the Aging's Annual Awards Luncheon, held on October 27th in Pigeon Forge. Dottie Lyvers, Deisha Finley, and Sam Reddick accepted the award.



In response to the COVID-19 crisis, CAC Office on Aging launched a new program in 2020. Senior Care Calls uses volunteers to make weekly check-in calls to seniors who are homebound, isolated, and lonely.

Although social distancing is an effective way to minimize the risk COVID-19 presents to seniors, the feeling of loneliness and depression can rise. In 2018, United Way of Greater Knoxville reported that there are roughly 23,000 seniors in Knox County

living in isolation. That's 1 in 4 of the senior population. Senior Care Calls' weekly check-in calls can help reduce the number of isolated seniors in Knox County.

What makes Senior Care Calls innovative is the speed at which this initiative was mobilized - recruiting and training volunteers, gathering referrals, and establishing the match between isolated seniors and volunteers - all done remotely. In a virtual world, the program found success in training senior volunteers on Zoom using interactive tools, clients were referred to the program via digital communication, and isolated seniors were supported safely via phone.

Learn more about Senior Care Calls and other CAC Office on Aging programs at knoxseniors.org or call 865-524-2786, Monday - Friday, 8 a.m. - 4:45 p.m. ■

HELP OLDER ADULTS STAY WARM THIS WINTER

Cold winter weather can have devastating effects on older adults' health. According to the National Institute on Aging, for an older person, a body temperature of 95°F or lower can cause many health problems, such as a heart attack, kidney problems, liver damage, or worse. Project LIVE (Living Independently through Volunteer Efforts) is an Office on Aging program that serves seniors with the goal of keeping them in their own homes. Many Project LIVE clients do not have working heating units, so we desperately need donations of new portable heaters of the ceramic type or electric oil-filled radiant type (that look like radiators but

are portable, electric, and safe for seniors). Our office also accepts monetary donations toward the purchase of portable heaters. Don't let older adults go without heat this winter. Donations of heaters can be dropped off curbside at the Ross Building, 2247 Western Avenue, Knoxville. Call 865-546-3500 before you arrive and ask for the Social Services Department. A staff member will meet you at your car to pick up the heaters. Financial donations should be mailed to the Office on Aging, P.O. Box 51650, Knoxville TN 37950-1650. You can also donate online at knoxseniors.org/donate. ■



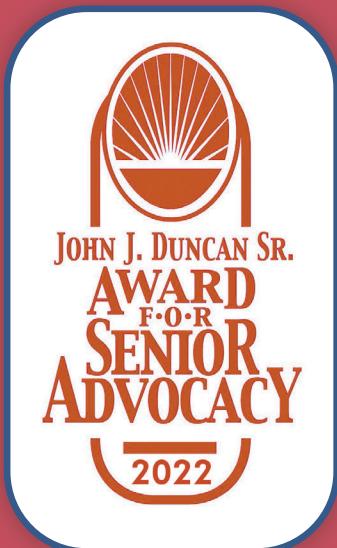
SAVE THE DATE: SENIORS FOR CREATIVE LEARNING BEGINS TUESDAY, MARCH 29



Seniors for Creative Learning, a partnership between the O'Connor Center and The University of Tennessee Department of Professional and Personal Development, features an excellent series of lecture-based courses taught by local experts. Sessions meet Tuesdays and Thursdays at the Center, at 1:00 pm and 2:30 pm, with

hosted refreshments from 2:00 pm – 2:30 pm. Cost of these courses is \$40/person or \$55/couple. Registration is through the Department of Professional and Personal Development, via telephone using a credit card at (865) 974-0150. ■

SAVE THE DATE! FRIDAY, APRIL 1ST O'Connor Center's Annual Pancake Fest



**SAVE THE DATE FOR
THE DUNCAN AWARDS
TUESDAY, MAY 10, 2022
HUNTER VALLEY FARMS**

GRANDPARENTS AS PARENTS

This is the Age of the Grandparent. The percentage of children living in “grandfamilies” has doubled since 1970. Many times, the reasons for grandparents or other relatives stepping in and caring for a child are tragic. The Office on Aging offers the Grandparents as Parents program to help families as they move beyond these difficult transitions and to support and encourage them as they navigate their caregiving journey.

Grandparents as Parents (GAP) offers two different monthly meetings. Relative caregivers can attend an in-person meeting to find education, information, make new friends, and just have some fun. The in-person group meets at the Ross Building. The second group meeting is a conference call. Each monthly conference call has a Spotlight



Speaker. The GAP Program also offers a monthly newsletter, weekly email updates, a weekly discussion group (Grand Visions), a Grandparents as Parents Guidebook and more. All the services are offered at no charge.

To learn more about the monthly meetings or how you can join the Grandparents as Parents program, call Tracy Van de Vate or Anne Stokes at 865-524-2786. ■

HOME SAFETY AND MAINTENANCE TIPS

Now that winter is upon us, we thought it would be a good idea to pass along some suggestions and recommendations as it relates to safety and comfort in the home. Below is a list of those we suggest you pay particular attention to:

SAFETY TIPS

1. SMOKE AND CARBON MONOXIDE DETECTORS:

If your home is not equipped with these types of detectors, it is **EXTREMELY IMPORTANT** that you contact your local fire department and they should install these items for you free of charge. The smoke detector should be in every home. The carbon monoxide detector should be installed if your heat or appliances operate off of natural gas or propane. If you already have these items, ensure to check the test button located on the detector weekly to

make sure it is operable. If the test button does not provide a sound, then replace the batteries and re-test. If it still doesn't work it, should be replaced.

2. ELECTRICAL:

- A. If you use a space heater in your home, it is **NOT** a good idea to plug it into a power strip. **ALWAYS** plug them into the actual wall outlet. **DO NOT** place them close to furniture, clothes, or anything flammable. **ONLY** use those heaters that have a safety device that automatically shuts off the heater if turned over.
- B. If you use power strips, **IT IS EXTREMELY IMPORTANT** that you **DO NOT** overload it by plugging too many items into it. Suggest no more than **TWO** items. If you use it for appliances such as a microwave or refrigerator, **ONLY** plug that **ONE** appliance into it.

3. FIREPLACES AND WOOD BURNING STOVES:

- A. If you use a fireplace, we recommend that you have it professionally cleaned before lighting it up. Flammable material will build up on the inside of the chimney over the course of time. **ENSURE** that the **DAMPER** is open before you start the burning process. Otherwise smoke will fill the interior of your home. Your local Fire Department can provide you with this and other information.
- B. If you use a wood or charcoal burning stove, it is also **STRONGLY** suggested that you have the smoke pipe checked before using it and that you have a fire pan or similar item underneath it to collect dangerous material that may fall on the ground when cleaning. **DO NOT** sit directly on to wood flooring, carpet, or other flammable floor covering. ■

O'CONNOR CENTER SCHEDULE - JANUARY/FEBRUARY

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.

While in the facility, staff and guests will be required to 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 and 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

- Monday, January 17 for Martin Luther King Jr. Day
- Monday, February 21 for Presidents Day

Afternoon Painting: These instructed art sessions invite participants to practice their beginner skills in an art room setting.

Bingo: Enjoy this friendly game on Wednesdays from 12 pm – 1 pm. Bingo hosts are needed. Call 865-523-1135 to find out how to get involved.

Cards & Games: Enjoy a table game or a relaxed game of cards with friends! Instruction is available.

Crafting for a Cure: Crafting classes benefitting Alzheimer's Tennessee and Alzheimer's Association. Cost is \$5; Call to register!

Creative Writers Workshop: Classes for aspiring and experienced writers. There is a story in all of us!

Creative Endeavors: Group membership is available for those who are looking for ways to express their creativity. Membership is free and newcomers are always welcome.

Dance Classes – Suggested donation is \$2/Class.

- Afternoon Dancing: Tuesdays 2 pm. Opportunity to dance and visit with friends.
- Intro to Line Dance: Tuesdays. For those with no experience.
- Beginner Line Dance: Wednesdays. For those with some experience.
- Intermediate Line Dance: Mondays. For those with moderate experience.

Flower Lovers Garden Club: For individuals who love horticulture and are interested in learning more! This group is always open to newcomers. You don't have to have a "green thumb" to attend!

Fun Film: Enjoy a weekly movie every Friday and a matinee replay every Monday! Call for movie title.

French: Tuesdays, j'aime tout le français. Ever wanted to learn French in a small friendly setting with opportunities to practice with your peers of a similar skill level? Call the Center for additional information.

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

Italian: Viva l'italiano!! Do you love everything Italian? Do you have an interest in the Italian language and culture? Join our Italian language classes every Tuesday to add a little spice to your day!

Knox Threaders: Tuesdays & Thursdays. Enjoy knitting, crocheting and cross stitch. Instruction available. Newcomers always welcome.

Legal Assistance: Call 865-637-0484 to schedule an appointment for free legal services for seniors.

Mahjong: Mahjong classes for Beginners offered on Mondays. Call to register for this class.

Morning Painting: These instructed open art sessions are a great way to hone those artistic skills or to just keep skills fresh in an art room setting.

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: There are no small parts! We are always in need of stage hands and actors. If interested, call us today!

Spanish: Advanced class Fridays at 11:30 am. Class is conversational.

Continued on page 8

JANUARY 2022 CALENDAR OF EVENTS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY/SATURDAY |
|------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| <p>3</p> <p>10:00 Mahjong 10:00 Tai Chi & Qigong</p> | <p>4</p> <p>9:00 Knox Threaders 9:30 Emotional Wellbeing 10:00 Basic Arthritis Exercise 10:00 French 11:00 Italian 1:30 Open Painting</p> <p>TECH TUTORING BY APPT.</p> | <p>5</p> <p>9:00 Toenail Clipping Clinic 10:00 Morning Painting **NEW SERIES** 10:00 Tai Chi & Qigong 12:00 Bingo 12:30 Afternoon Painting **NEW SERIES**</p> <p>TECH TUTORING BY APPT.</p> | <p>6</p> <p>9:00 Knox Threaders 9:30 Emotional Wellbeing 10:00 Basic Arthritis Exercise</p> | <p>7</p> <p>9:00 Woodcarving 12:30 Fun Film Friday</p> <p>TECH TUTORING BY APPT.</p> |
| <p>10</p> <p>9:30 Creative Writers 10:00 Mahjong 10:00 Tai Chi & Qigong</p> | <p>11</p> <p>9:00 Knox Threaders 9:30 Emotional Wellbeing 10:00 Basic Arthritis Exercise 10:00 French 11:00 Italian 1:30 Open Painting</p> <p>TECH TUTORING BY APPT.</p> | <p>12</p> <p>10:00 Tai Chi & Qigong 12:00 Bingo</p> <p>TECH TUTORING BY APPT.</p> | <p>13</p> <p>9:00 Knox Threaders 9:30 Emotional Wellbeing 10:00 Basic Arthritis Exercise</p> | <p>14</p> <p>9:00 Woodcarving 11:00 Silver Stage Players Rehearsal Begins 12:30 Fun Film Friday</p> <p>TECH TUTORING BY APPT.</p> |
| <p>17</p> <p>CENTER CLOSED</p> <p>MARTIN LUTHER KING JR. Day </p> | <p>18</p> <p>9:00 Knox Threaders 9:30 Emotional Wellbeing 10:00 Basic Arthritis Exercise 10:00 French 11:00 Italian 1:30 Open Painting</p> <p>TECH TUTORING BY APPT.</p> | <p>19</p> <p>9:00 Toenail Clipping Clinic 10:00 Tai Chi & Qigong 12:00 Bingo</p> <p>TECH TUTORING BY APPT.</p> | <p>20</p> <p>9:00 Knox Threaders 9:30 Emotional Wellbeing 10:00 Basic Arthritis Exercise</p> | <p>21</p> <p>9:00 Woodcarving 11:00 Silver Stage Players Rehearsal 12:30 Fun Film Friday</p> <p>TECH TUTORING BY APPT.</p> |
| <p>24</p> <p>9:30 Creative Writers 10:00 Mahjong 10:00 Tai Chi & Qigong</p> | <p>25</p> <p>9:00 Knox Threaders 9:30 Emotional Wellbeing 10:00 Basic Arthritis Exercise 10:00 French 11:00 Italian 1:30 Open Painting</p> <p>TECH TUTORING BY APPT.</p> | <p>26</p> <p>9:00 Toenail Clipping Clinic 10:00 Tai Chi & Qigong 12:00 Bingo</p> <p>TECH TUTORING BY APPT.</p> | <p>27</p> <p>9:00 Knox Threaders 9:30 Emotional Wellbeing 10:00 Basic Arthritis Exercise</p> | <p>28</p> <p>9:00 Woodcarving 11:00 Silver Stage Players Rehearsal 12:30 Fun Film Friday</p> <p>TECH TUTORING BY APPT.</p> |
| <p>31</p> <p>10:00 Mahjong 10:00 Tai Chi & Qigong</p> | | | | |

RECURRING WEEKLY EVENTS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|
| <p>8:30 Billiards Room Open 10:00 Mahjong 10:00 Tai Chi & Qigong 10:30 Blood Pressure Checks 10:30 Loss & Life Change Support Group; 12:30 Fun Film 1:30 Intermediate Line Dance</p> | <p>8:30 Billiards Room Open 9:00 Quilting 10:00 Basic Arthritis Exercise 10:00 French 10:00 Tai Chi Set Practice 10:30 Blood Pressure Checks 11:00 Adv Arthritis Exercise 11:00 Italian 12:30 SAIL Exercise 1:00 Cards & Games 1:30 Open Painting 1:30 Intro to Line Dancing</p> | <p>8:30 Billiards Room Open 10:00 Morning Painting 10:30 Blood Pressure Checks 12:00 Bingo 12:30 Afternoon Painting 12:30 Texas Hold'Em 1:30 Beginner Line Dance</p> | <p>8:30 Billiards Room Open; 8:30 Blood Glucose Checks 10:00 Basic Arthritis Exercise 10:00 Happy Hikers 10:00 Tai Chi Set Practice 10:00 Thursday Walkers 10:30 Blood Pressure Checks 11:00 Adv Arthritis Exercise 12:30 SAIL Exercise 1:00 Cards & Games</p> | <p>8:30 Billiards Room Open 9:00 Woodcarving 10:30 Blood Pressure Checks 11:00 Advanced Spanish 12:30 Fun Film Friday</p> |

FEBRUARY 2022 CALENDAR OF EVENTS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY/SATURDAY |
|-------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|
| | 1 9:00 Knox Threaders 9:30 Emotional Wellbeing 10:00 Basic Arthritis Exercise 10:00 French 11:00 Italian 1:30 Open Painting TECH TUTORING BY APPT. | 2 9:00 Toenail Clipping Clinic 10:00 Tai Chi & Qigong 12:00 Bingo TECH TUTORING BY APPT. | 3 9:00 Knox Threaders 9:30 Emotional Wellbeing 10:00 Basic Arthritis Exercise | 4 9:00 Woodcarving 12:30 Fun Film Friday TECH TUTORING BY APPT. |
| 7 10:00 Mahjong 10:00 Tai Chi & Qigong | 8 9:00 Knox Threaders 9:30 Emotional Wellbeing 10:00 Basic Arthritis Exercise 10:00 French 11:00 Italian 1:30 Open Painting TECH TUTORING BY APPT. | 9 10:00 Tai Chi & Qigong 12:00 Bingo TECH TUTORING BY APPT. | 10 9:00 Knox Threaders 9:30 Emotional Wellbeing 10:00 Basic Arthritis Exercise | 11 9:00 Woodcarving 11:00 Silver Stage Players Rehearsal 12:30 Fun Film Friday TECH TUTORING BY APPT. |
| 14 9:30 Creative Writers 10:00 Mahjong 10:00 Tai Chi & Qigong | 15 9:00 Knox Threaders 9:30 Emotional Wellbeing 10:00 Basic Arthritis Exercise 10:00 French 11:00 Italian 1:30 Open Painting TECH TUTORING BY APPT. | 16 9:00 Toenail Clipping Clinic 10:00 Tai Chi & Qigong 12:00 Bingo TECH TUTORING BY APPT. | 17 9:00 Knox Threaders 9:30 Emotional Wellbeing 10:00 Basic Arthritis Exercise | 18 9:00 Woodcarving 11:00 Silver Stage Players Rehearsal 12:30 Fun Film Friday TECH TUTORING BY APPT. |
| 21 CENTER CLOSED  | 22 9:00 Knox Threaders 9:30 Emotional Wellbeing 10:00 Basic Arthritis Exercise 10:00 French 11:00 Italian 1:30 Open Painting TECH TUTORING BY APPT. | 23 10:00 Tai Chi & Qigong 12:00 Bingo TECH TUTORING BY APPT. | 24 9:00 Knox Threaders 9:30 Emotional Wellbeing 10:00 Basic Arthritis Exercise | 25 9:00 Woodcarving 11:00 Silver Stage Players Rehearsal 12:30 Fun Film Friday TECH TUTORING BY APPT. |
| 28 9:30 Creative Writers 10:00 Mahjong 10:00 Tai Chi & Qigong | | | | SAVE THE DATE PANCAKE FEST Friday, April 1  |

RECURRING WEEKLY EVENTS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|
| 8:30 Billiards Room Open 10:00 Mahjong 10:00 Tai Chi & Qigong 10:30 Loss & Life Changes Support Group 10:30 Blood Pressure Checks 12:30 Fun Film 1:30 Intermediate Line Dance | 8:30 Billiards Room Open 9:00 Quilting 10:00 Basic Arthritis Exercise 10:00 French 10:00 Tai Chi Set Practice 10:30 Blood Pressure Checks 11:00 Adv Arthritis Exercise 11:00 Italian 12:30 SAIL Exercise 1:00 Cards & Games 1:30 Open Painting 1:30 Intro to Line Dancing | 8:30 Billiards Room Open 10:00 Advanced Painting 10:30 Blood Pressure Checks 12:00 Bingo 12:30 Afternoon Painting 12:30 Texas Hold'Em 1:30 Beginner Line Dance | 8:30 Billiards Room Open; 8:30 Blood Glucose Checks 10:00 Basic Arthritis Exercise 10:00 Happy Hikers 10:00 Tai Chi Set Practice 10:00 Thursday Walkers 10:30 Blood Pressure Checks 11:00 Adv Arthritis Exercise 12:30 SAIL Exercise 1:00 Cards & Games | 8:30 Billiards Room Open 9:00 Woodcarving 10:30 Blood Pressure Checks 11:00 Advanced Spanish 12:30 Fun Film Friday |

Continued from page 5

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

Thursday Walkers: This group, a part of the Happy Hikers, meets in the community at parks and greenways to get in their exercise, enjoy the outdoors and fellowship.

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.

PHYSICAL FITNESS - HEALTH EDUCATION - HEALTH SCREENING

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

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

Emotional Wellbeing: Behavioral and physical health are integral to each other and to well-being. As we age, behavioral and emotional health becomes increasingly important, especially since older adults may find themselves alone or in new living arrangements. Dr. Mark LeMay, a recently retired clinical psychologist, will be leading a weekly education class teaching skills that will help form habits to relax the body and calm the mind. Dr. LeMay will also discuss topics from the new field of Positive Psychology with the goals of increasing our sense of happiness and well-being. Dr. LeMay practiced psychotherapy in Knoxville and Jefferson City for 30 years and retired

in 2020. Please note that these classes are educational and are not intended to be psychotherapy. Participants will not be diagnosed and the information is selected to be of interest and help to anyone.

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

Loss & Life Changes Support Group: Mondays. Pat Green, Group Leader/Social Worker and Bereavement Counselor, listens to concerns and offers encouragement. Newcomers are welcome to this informal time of sharing which always ends on a positive note. Call ahead for information on this group.

SAIL Exercise Class: Learn about how this exercise curriculum can improve your balance and strength. Class meets

every Tuesday and Thursday at 12:30 pm. Class is FREE for most insurance members so call for details.

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

Tai Chi & Qigong: Mondays & Wednesdays at 10:00 am, Jim and Julia Malia will be instructing this class for health and wellbeing! Tai Chi & Qigong have been proved to reduce risk of falling, enhance aerobic capacity, increase energy & stamina, increase flexibility, balance & agility and decrease stress, anxiety & depression. Suggested donation, \$2.

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

Tech Tutoring will be available for computer questions and answers on Tuesdays, Wednesdays, and Fridays. Please call to schedule an appointment with our volunteer.

SENIOR NUTRITION PROGRAM SPONSORS

In Mobile Meals' Adopt-A-Senior program, you can provide Mobile Meals for a month, or more, for a homebound senior citizen for \$80 a month. Your contribution will be recognized in this list in the next newsletter issue following your donation. For information about Adopt A Senior, call the Senior Nutrition Program, 865-524-2786. The following people and organizations contributed to Mobile Meals in October and November 2021.

Anonymous (22)
Diana Amann
Bob Andres
Dan Belling
Melissa Brenneman
Ken & Debra Brock
Joyce Brown
Connie Cannon
Terry & Rhonda
Carpenter
Gary & Patricia
Chambers
Gary Cooper
Jennifer Fehling
Doris Glass
Steven & Stephanie
Gossett
Helen Grant
Dorothy Grunau
Earl Hall
Clara Hardin
Rex & Hilda Ingle
Sara Keel
Beverly Keith
Robert Kemp
Debbie Lowe
David McCormick
Jennifer McDonough
Harry & Ruth McLeod
William & Diane Melton
Brent & Judy Moore
Joyce Mosley
Katelyn Mull
John & Carolyn
Neighbors
Eric & Betty Nicholls
Gerald Perlman
Norman Queener
Thomas & Madeleine
Russell
James & Linda Scothorn
Jim & Ann Shay
Brad & Starr Suneson

Brandon Thompson
Linda Townsend
J.S. & Patricia Watson
Abigail Wegman
Hanno & Carol
Weitering
Charles & Eleanor
Wilson
Cheri Worthington
Colonial Heights United
Methodist Church - J.
Ray Stuart Sunday
School Class
Smithwood Baptist
Church - Joy Class
The Knoxville Friday
Book Club

Senior Nutrition Program In Memory or Honor

In Memory of Peggy Bradbury
Dennis Bradbury
In Memory of Barbara Jean Hicks
Dave & Jane Cox
In Memory of Barbara Jean Hicks
Angelia Epps
In Memory of Barbara Jean Hicks
Bonnie Nichols
In Honor of Johnnie Hoskins
W. H. & Patricia Miller
In Memory of Kristy Michelle Johnson
Charles & Wilma Branner
In Memory of Manning Bratton "Rip" Kirby Jr.
Anonymous

In Memory of Robert G. Large
Bill & Judy Wilson
In Honor of Chas Lindstrom's Birthday
David & Nancy Harshman
In Memory of Charlie & Jeanne O'Connor & Herb & Lib Kidd
Bob & Renee O'Connor
In Memory of Dora Louise Phibbs
Wanda Dye
In Memory of Dora Louise Phibbs and in honor of Susan Bailey
Mary Prater
In Memory of Kenneth Crowell Roberts
Laurie Gibson
In Memory of Robert Schutt
Joanne Schutt
In Memory of Melissa White Stamps
Dawson Patty
In Memory of Larry F. Waldroup
Anonymous (2)
In Memory of Larry F. Waldroup
Mark Barnes
In Memory of Larry F. Waldroup
Jane Casey
In Memory of Larry F. Waldroup
Lee & Anne Sneed
In Memory of Charles and Joyce Worthington
Cheri Worthington

Adopt A Senior Program

Anonymous (21)
Barbara Abner
Barbara Armstrong
Kandice Bewley Baker
John & Debbie Black
James & Nancy Bolon
Charles & Wilma Branner
Jim Brine
T. Gaile Caudle
Louise Collier
Karen Collins
Catherine Cooper
Debbie Coyle
Timothy Cutshaw
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Andrew & Tracy Scruggs
Beaver Creek Cumberland Presbyterian Church - Searchers Sunday
Erin Presbyterian Church

First Baptist Church
Concord - Agape
Sunday School Class
Lake Hills Presbyterian Church
Mount Olive Baptist Church - Faith Sunday
School Class
Realty Trust Group, LLC
Surveying and Mapping, LLC
The Table Knoxville
Voice for the Voiceless

Adopt A Senior Program In Memory or Honor

In Memory of Jack Dotson
Karen Dotson
In Memory of Dorothy Frost, my mother
Catherine Cooper
In Memory of Janice Creed Hemsley
Amanda & the girls,
Donna & Paul Hicks,
and Alden & Susan Inman
In Memory of Aunt Joyce
Anonymous
In Memory of Ralph & Dot Merrell
Ron & Margie Collins
In Memory of Barbara Monty
Wallace & Gloria Kessel
In Honor of Allison Peace
Anonymous
In Memory of Dr. Gary R. Phillips
Mark & Janice

Rutherford
In Honor of my brother Steve
Anonymous
In Memory of Frances Swatzell
James Swatzell
In Memory of Michael Keith Weedman
Anonymous
In Memory of Mary Ellen Williams
Richard & Rebecca Jenkins

One Senior for One Year

Kathy Boyd
Saadi Siddiqi
Core Insurance
Advisors
Smoothy, LLC

One Senior for One Year In Memory or Honor

In Memory of Robert Carl "Bob" Storm
Dale & Mary Kangas

Two Seniors for One Year

Harold Elkins

Five Seniors for One Year

Beverage Control, Inc

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 October and November 2021.

Knox PAWS

Anonymous
Susan Alexander
Mrs. Alice Allen
Carol Blair
Sheri Doubtrley
Jason & Karen Estes
Monica Franklin
Kiki Free
Sheila Kunkel
David & Sheryl
Lambdin
Peter & Fawn Landrum
Harry & Ruth McLeod
Stephen Oliver

Laura Potts
Brooke Satkowiak
Patricia Woods
Diane Young
Core Insurance
Advisors
Smoothy, LLC

Knox PAWS in Memory or Honor

*In Memory of Lydia
Davenport*
Ruby Burton
*In Honor of Carol
Harold's birthday*
Carolyn Scott

*In Memory of Lucille
Millspaugh*
Anonymous
*In Memory of Karen
Plum*

Angie Herzog
*In Memory of Max,
Sophie, Cleo, MeeGo,
Riley & SamBear
Randolph*

Anonymous
*In Honor of Linda
Staton's birthday*
Carol Harold
In Memory of Tuxedo
Deborah Carriker

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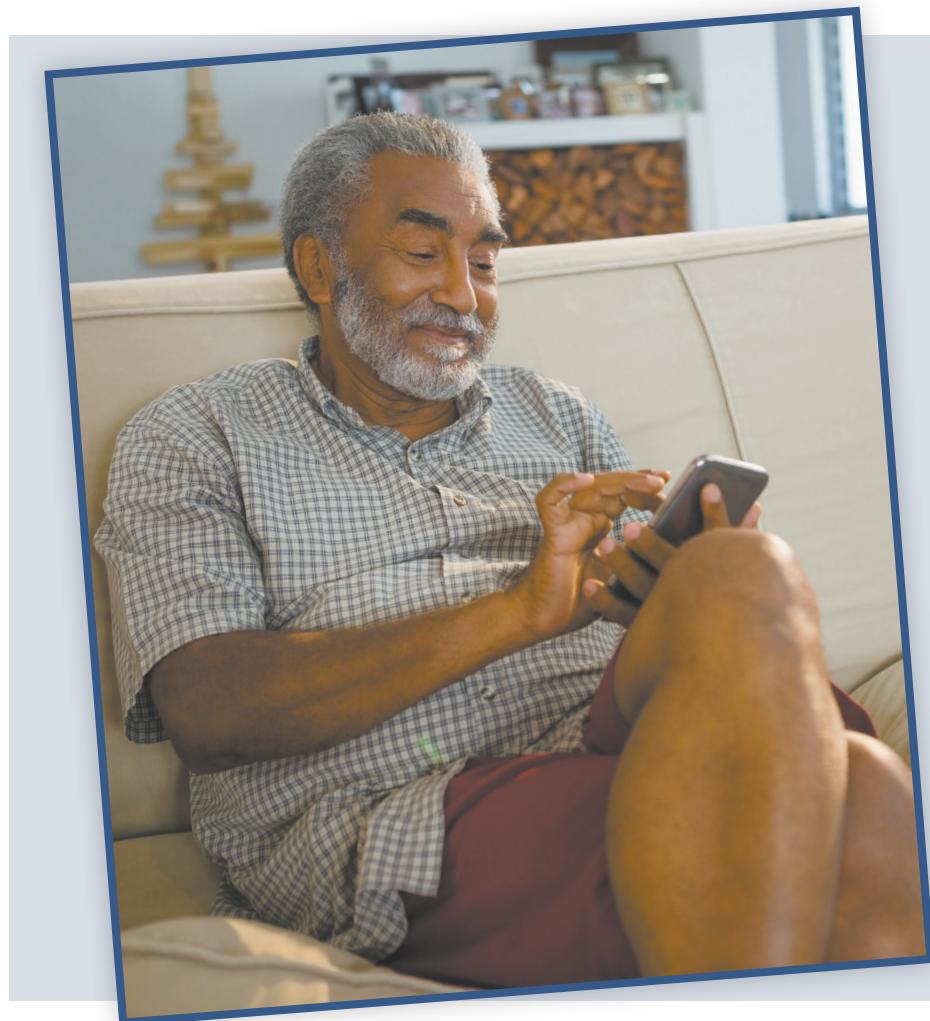
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CHECK OUT ELDER NEWS & VIEWS ONLINE!

Did you know that you can read Elder News & Views online? Just visit knoxseniors.org and click on the News tab at the top of the page. You can read the current issue as well as back-issues. If you would like to receive an email notification alerting you to the new issue, send your request to knoxooa@knoxseniors.org to be put on the email list.

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THE COST OF LONELINESS

FOR KNOX COUNTY ADULTS



39% over 65 years

HAVE 4 OR MORE CHRONIC CONDITIONS*



29% over 65 years LIVE ALONE*



22% over 65 years

EXPERIENCE* DIFFICULTY WALKING

ACTS OF KINDNESS MAKE ALL THE DIFFERENCE

of volunteers over 55 years



88% FELT LESS ISOLATED**

VOLUNTEER WITH RSVP TO SUPPORT A SENIOR

865-524-2786

CAC POLICY FOR SNOW CLOSINGS

CAC offices will usually remain open during regular business hours when bad weather occurs. The Senior Nutrition Program, which includes congregate meal sites and Mobile Meals, does NOT follow the Knox County School System closing schedule during inclement weather. Please listen to radio and TV stations for announcements about “snow day” meal services and the need for volunteers to deliver meals.

ELDER NEWS & VIEWS

OFFICE ON AGING DIRECTOR

Dottie Lyvers

EDITOR

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knoxooa@knoxseniors.org • www.knoxseniors.org

*The State of Aging in Tennessee: A County-by-County Snapshot 2019

**A Systematic Review of Senior Corps' Impact on Volunteers and Program Beneficiaries 2019

OFFICE ON AGING

KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

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

ELDER NEWS & VIEWS

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JANUARY/FEBRUARY 2022

ELDER NEWS & VIEWS

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FEBRUARY COUNCIL ON AGING PROGRAM DEATH AND DYING: IT'S COMPLICATED

If life is a book, we will all experience the "final chapter" whether or not we want to talk about it. But we need to talk about it because preparing for your "final chapter" can alleviate potential stress for your surviving family and friends. Join Dr. Jennifer Perion as she presents on death and dying and how to best prepare.



Thursday, Feb. 10, 2022 • 2:30 pm
Virtual Program
Jennifer Perion, PhD, CHES

Jennifer Perion, PhD, CHES, earned a Master of Arts in Liberal Studies and then a PhD in Health Education from The University of Toledo. Prior to joining The University of Tennessee as an Assistant Professor of Practice in the Online MPH program, she taught public health and aging courses to undergraduate and graduate students at

the University of Toledo and Indiana State University. She has a Graduate Certificate in Contemporary Gerontological Practice and her research interests are focused on aging, especially the needs of family and professional caregivers and the social experiences of older adults with dementia. Currently, she is investigating a multi-sensory technology designed to deliver engagement opportunities for older adults with moderate or severe dementia.

Find the link to the program at knoxseniors.org/upcomingcoameetings. Questions? Call us at 865-524-2786. ■