

# ELDER NEWS

MAY/JUNE 2025



## 23rd Annual John J. Duncan, Sr. DUNCAN AWARD FOR SENIOR ADVOCACY

Tuesday, May 13 | 4:00 pm-6:00 pm

**NEW VENUE!** Rothchild Conference Center, 8807 Kingston Pike in Knoxville

The Knoxville-Knox County CAC Office on Aging's Information & Benefits Department is pleased to announce the honorees of the 23rd Annual John J. Duncan Sr. Award for Senior Advocacy, also known as the "Duncan Awards". The awards honor individuals and businesses who embody the legacy of the late U. S. Representative John J. Duncan, Sr., who was an advocate for older adults of the Second District.

### 2025 Duncan Award Honorees



**Volunteer Award**  
Greg O'Connor



**Professional Award**  
Susan Long



**Business Award**  
The Knoxville Barristers

Tickets to the Duncan Awards are free and available online at [knoxseniors.org/duncan2025](https://knoxseniors.org/duncan2025) or by calling 865-546-6262. RSVP requested. Donations accepted.

Read about this year's Duncan Awards honorees on page 2.



## Aging Well: 50 Years in the Making

The CAC Office on Aging proudly celebrates 50 years of dedicated service to the older adults of Knoxville and Knox County. This remarkable journey would not have been possible without the steadfast support of our community partners. We honor and thank each of you who have helped us thrive, grow, and continue making a lasting impact for half a century.

The newly-renamed *Aging Well Resource Directory* is hot off the press and ready to provide you with the most current resources for older adults, their families, caregivers, and professionals. They will soon be distributed around town at churches, libraries, doctors' offices, hospitals, the CAC Ross Building, O'Connor Senior Center, and will be available online within the coming months. You can also get your copy at these events:

**May 8th - Council on Aging Meeting**

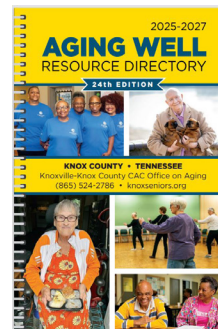
2:30 - 3:30 at O'Connor Senior Center (611 Winona St.)

**May 13th - Duncan Award for Senior Advocacy**

4 pm - 6 pm at Rothchild Event Center (8807 Kingston Pike)

**May 15th - Senior Job Fair**

10 am - 12 pm at O'Connor Senior Center (611 Winona St.)



The Office on Aging would like to thank the sponsors of the *Aging Well Resource Directory*. Without them, we would not be able to offer this valuable resource for free to anyone who needs it.

## SENIOR JOB FAIR for everyone 50+

**Thursday, May 15**

10 am - 12 pm

O'Connor Senior Center  
611 Winona Street in Knoxville

Questions? Call the Center at 865-523-1135.

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

*Duncan Awards continued***Greg O'Connor**

Greg O'Connor has been a pillar of the Knoxville community for decades, known for his leadership, generosity, and lifelong commitment to service. A retired attorney of 51 years, his impact extends far beyond the legal field, notably through 25 years of dedicated involvement with the John T. O'Connor Senior Center. As Chairman of the Board, having served multiple times in this role, he helped sustain vital programs and led major fundraisers like the O'Connor Open golf tournament and Pancake Fest.

His service also touched the faith community through the FISH Pantry at Immaculate Conception Church, providing food and support to those in need. Additionally, he contributed to Family Promise and Justice Knox, advocating for families facing homelessness and racial justice in Knoxville.

O'Connor's legacy is one of unwavering dedication to others. His efforts have made Knoxville a better place, and his example will continue to inspire future generations. His award is a tribute not just to his achievements, but to a life driven by compassion and service.

**Susan Long**

For over 40 years, Susan Long has exemplified servant leadership in her unwavering commitment to older adults. After earning her undergraduate degree in Marketing and completing Master's degree coursework in Advertising at The University of Tennessee, she began her professional journey in teaching and real estate. However, it was in 1985 that Susan found her true calling—serving older adults.

She began this chapter as Administrator at the Commonwealth Senior Living facility, where her leadership quickly made an impact—achieving full occupancy within three years. Susan went on to serve as the Marketing and Management Coordinator for Mountain Brook Village and later as Administrator at Atria Weston Place.

In 1996, she joined Baptist Health System as Director of Senior Services. Over her nine-year tenure, she developed and marketed eight Senior Health Centers focused on patients aged 50 and older. Her innovative approach led to the creation of comprehensive ancillary services, including social work, dietitian consultations, exercise programs, and support groups, just to name a few. Susan later lent her expertise to Covenant Health and East Tennessee Personal Care Service, where she continued advocating for underserved older populations.

In 2013, Susan was began serving as the the third Director of the Knoxville-Knox County CAC Office on Aging. Leading a team of 50 employees and overseeing 24 programs, she steered the agency with compassion and vision, effecting meaningful change across Knoxville and Knox County.

**WINE PULL AT THE DUNCAN AWARDS**

Once again, this event will feature a fundraising Wine Pull, where your \$10 contribution gives you the chance to choose a random bottle of wine (red, white, or pink) donated by the community.

**Please note: wine may not be opened during the event.**

**If you have wine to donate to the Wine Pull, call Information & Benefits at 865-546-6262.**

Even after her retirement from the Office on Aging, Susan remained active, contributing to Special Projects at CAC. Her leadership during the COVID-19 pandemic included coordinating vaccine clinics and wellness outreach. She also played pivotal roles in the 2020 Census efforts and CAC's 60th Anniversary celebration. Her work has touched the lives of thousands, leaving a lasting legacy of dignity, advocacy, and care for older adults and their families.

**The Knoxville Barristers**

The Knoxville Barristers, the Young Lawyers Division of the Knoxville Bar Association, consists primarily of attorneys under 36 years of age or in their first five years of practice. Their public service projects, however, welcome legal professionals of all ages and roles.

For over 25 years, the Barristers have partnered with CAC Mobile Meals to serve homebound older adults in Knox County. This began in the late 1990s with the formation of the Hunger and Poverty Relief Committee under then-President Saja Hoffpauir. What started as a once-a-month effort has grown into a three-to-four-day-a-week commitment, now led by Nic Arning of Wolf, McClane, Bright, Allen, & Carpenter, PLLC.

To date, volunteers have delivered meals about 3,000 times, totaling around 40,000 individual deliveries. These consistent routes have allowed volunteers to form lasting connections with older adults, offering not only meals but also social interaction and safety checks.

This long-standing project reflects the Barristers' deep commitment to the well-being of Knox County's older citizens and serves as a model of community service and leadership for young legal professionals.

**Special thanks to our sponsors!****FRIEND OF INFORMATION & BENEFITS***Red Ribbon Sponsor***Gold Sponsors**

O'Connor Family  UnitedHealthcare®

**Bronze Sponsors**

Franklin & Kyle Elder Law  
Hillcrest Healthcare  
Hope Springs Adult Day Center  
Senator Becky Duncan Massey

**Silver Sponsors**

Proceeds from the event benefit the CAC Office on Aging's Information & Benefits Department.

**OLDER  
AMERICANS  
MONTH**



**FLIP THE SCRIPT ON AGING: MAY 2025**

Learn more at [acl.gov/oam](http://acl.gov/oam)





## FROM CLOSETS TO CARE: GIVE YOUR PURSE A PURPOSE

It's time to clean out your closet—and make a difference! CAC Mobile Meals is now accepting gently used purses, handbags, totes, and jewelry for their annual **Power of the Purse** fundraiser. Each donated item will support their signature purse and jewelry sale, with 100% of proceeds helping to provide meals and safety checks for homebound seniors in Knox County.

**Power of the Purse** will take place on September 18 at the Rothchild Catering and Conference Center, featuring a purse and jewelry sale, amazing auction items, and delicious food and drinks. Tickets for Power of the Purse will be available starting July 14 at [knoxseniors.org](http://knoxseniors.org).

**Donations will be accepted through July 31, 2025.** Drop off your purse donations at these convenient locations during normal business hours:

- **CAC Ross Building** - 2247 Western Ave 37921
- **Southern Market** - 5400 Homberg Dr 37919
- **Chico's Turkey Creek** - 11321 Parkside Dr 37934
- **Farragut Pharmacy** - 11424 Kingston Pike 37934
- **Powell Florist** - 7301 Clinton Hwy 37849
- **Elder's Ace Hardware Hardin Valley** - 10009 Hardin Valley Rd 37932

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

Drop off jewelry donations at:

- **East Tennessee Personal Care**, an Associated Home Care Company  
1225 Weisgarber Rd Suite S290, Knoxville, TN 37909

To learn more about Power of the Purse, follow Mobile Meals on Facebook @KnoxCountyMobileMeals. Reach out to Sara Keel at [sara.keel@cacnutrition.org](mailto:sara.keel@cacnutrition.org) or call 865-524-2786 with any questions about this fundraiser.



## Do You Know a Centenarian?

We are looking for older adults who are or will soon be 100+



The Office on Aging's Information and Benefits Department is looking for centenarians for its Centenarian Project, where adults who are - or will soon be - 100 years old are honored with flowers from Random Acts of Flowers and a Food City gift card.

**If you know someone who should receive this honor, please contact the Information and Benefits Department at 865-546-6262 by May 16th.**

### JOHN T. O'CONNOR SENIOR CENTER

#### THANKS TO OUR PANCAKE FEST SPONSORS!



ETHRA/ETAAAD	Morning Pointe Assisted Living
Garza Law Firm	Nuclear Care Partners
Giving Home Health Care	Our Place Adult Day Center
HomePro Mobility	Signal Centers
Humana	VRI



## WORLD ELDER ABUSE AWARENESS DAY

Building Strong Support for Elders

**JUNE 15, 2025**

**In the United States, it is estimated that over 10% of those 65 and older experience some form of elder abuse in a given year.**

The purpose of WEAAD is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic and demographic processes affecting elder abuse and neglect.

**Visit [justice.gov/elderjustice](http://justice.gov/elderjustice) for helpful information.**

Source: <https://www.justice.gov/elderjustice/about-elder-abuse>

**MARCH  
for  
MEALS**

**Meeting the Growing Needs  
of Knox County's Seniors**

March for Meals is a nationwide campaign that shines a light on senior hunger, isolation, and the critical services provided by programs like CAC Mobile Meals. Throughout March, Mobile Meals invited local leaders to experience the impact of this work firsthand. Over the course of the month, these leaders delivered more than just meals—they delivered connection, safety, and compassion. Participants included:



Knox County Commissioner Courtney Durrett and her family deliver meals during March for Meals.

Knoxville Police Chief Paul Noel  
 Knoxville City Council Members  
 Lauren Rider and Debbie Helsley  
 Knox County Commissioners Kim  
 Frazier, Gina Oster, and Courtney  
 Durrett  
 State Senator Becky Duncan Massey  
 Sarah Fansler, District Director for  
 Representative Tim Burchett  
 Every weekday, Mobile Meals  
 delivers nutritious meals and well-  
 ness checks to 1,100 homebound  
 seniors, helping them remain safe,  
 independent, and connected right  
 here in Knox County.

**How You Can Continue to Help**

**Spread the Word**

Spread the word about Mobile Meals with friends, family, and colleagues and share the growing need for senior nutrition services.

**Volunteer**

Delivering meals to seniors in Knox County takes about two hours and brings not only nourishment but also companionship to seniors who experience loneliness.

**Support Mobile Meals**

Donations help ensure that no senior is left waiting for a meal or a safety check.

Together, we're building a stronger, more compassionate community for our homebound senior neighbors. Learn more, volunteer, or give today at [knoxseniors.org/mobile](http://knoxseniors.org/mobile).

**MOBILE MEALS SUMMER VOL CALL!**

Volunteers are needed for the summer months! If you can help, please call 865-524-2786 or email [mobilemealsvols@cacnutrition.org](mailto:mobilemealsvols@cacnutrition.org). You can also send a text to 865-680-2594.

The Council on Aging presents

**Aging Well: Strong  
Bodies & Sharp Minds**

with Rachel Frazier, Knox County Health Department

**Thursday, May 8, at 2:30 pm  
O'Connor Senior Center, 611 Winona St.**



The presentation will cover how to prevent falls and how to stay strong through the aging years. Brain health and dementia will be defined and discussed and will include prevention strategies.

Rachel Frazier holds a Bachelor of Science degree in Health Education from East Tennessee State University and has specialized in injury prevention issues for 34 years at the Knox County Health Department.

*This program is free and open to the public!  
Questions? Call 865-524-2786.*

**SENIOR CENTER OUTREACH**

**Stop by and get answers to your questions  
from Information and Benefits Staff!**

**Carter Senior Center**  
 May 28, 10 am-12 pm  
 June 25, 10 am-12 pm

**Corryton Senior Center**  
 June 10, 10 am-12 pm

**Halls Senior Center**  
 May 19, 10 am-12 pm  
 June 23, 10 am-12 pm

**Karns Senior Center**  
 May 7, 10 am-12 pm

**O'Connor Senior Center**  
 May 15, 10 am-12 pm  
 June 12, 10 am-12 pm

**South Senior Center**  
 June 5, 10 am-12 pm

**West Senior Center**  
 May 12, 9 am-11 am  
 June 9, 9 am-11 am



**Call Information &  
Benefits at  
865-546-6262**

The Information & Benefits office is located in the Ross Building at 2247 Western Avenue in Knoxville.



## O'CONNOR CENTER'S MAY & JUNE SCHEDULES



**O'CONNOR SENIOR CENTER**  
*Add life to your years*

Classes are subject to change. Please visit our Facebook page ([facebook.com/oconnorseniorcenter](https://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.

The O'Connor Senior Center will be closed on Monday, May 26, for the Memorial Day and Thursday, June 19, for Juneteenth.

### PHYSICAL FITNESS - HEALTH EDUCATION - HEALTH SCREENING

**Blood Glucose Checks:** Thursdays, \$1.50 (suggested donation). A 12-hour fast is recommended to ensure a correct reading.

**Blood Pressure Checks:** Monday-Friday, 10:30 am-11:30 am.

**Exercise** – Arthritis Foundation: Tuesdays and Thursdays. Designed for anyone with arthritis or related health issues. Reduce pain and stiffness, maintain joint range of motion, improve muscle strength, endurance, balance, and coordination. In addition to exercise, the O'Connor friendly nurse ensures the class meets your daily requirement of fun and fellowship.

**Advanced Class** has good physical exertion;

**Basic Class** offers seated exercise with limited physical exertion.

**SAIL Exercise Class:** Learn about how this exercise curriculum can improve your balance and strength. Classes meet Monday through Thursday at 12:30 pm.

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

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

**Qigong:** Wednesdays at 10 am. Integrate physical postures and breathing techniques, along with focused attention, to improve health, healing, and increase flexibility and balance.

**Thursday Walkers:** This group meets in the community at parks and greenways to get in their exercise, enjoy the outdoors, and fellowship. Meets the 2nd and 4th Thursdays. For more information, call Katy Orrick at 865-643-6148.

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

**Artist and Crafter's Window:** Members have a love for expressing through all types of art; including – crafts and upcycling or making old items new again. Membership is \$3.

**Artists Trading Cards:** These miniature works of art are created and traded all around the world. All experience levels welcome. Join us the 4th Monday of every month at 1pm. Note: May's class will be hosted on 5/19/2025 at 1pm due to Memorial Day Holiday.

**Billiards:** Come and play a friendly game of billiards. Bring a friend to shoot some pool with us! Open 8:30 am to 4:30 pm, Monday through Friday.

**Bingo:** Enjoy this friendly game; Mondays at 1 pm.

**Cards & Games:** The game room is always open! Enjoy a game of cards, Rummikub, or a relaxed table game with new friends!

**Concert Band:** Wednesdays at 10 am. Pick up and dust off your old instrument because we are looking for new members! Everyone welcome. Call group leader Linda 865-640-1856 for more info.

**Creative Writers Workshop:** These classes are held on the 2nd and 4th Monday from 9:30 a.m. until 11:30 a.m. Classes for aspiring and experienced writers. There is a story in all of us.

**Darts:** Come play a friendly game of darts with our new dart board. Bring a friend and enjoy!

**Dance:**

**Intro to Line Dance:** Tuesdays at 1:30. For those with no line dance experience.

**Social (Ballroom) Dances:** Monthly Social Ballroom Dances on the 2nd Friday at 1:00pm. Live bands providing wonderful music include Nigel Bolton; Ed Niedens

**Beginner Ballroom Dancing:** Instruction available on the 1st and 3rd Tuesdays at 2:30pm. Gaberial Akers, Professional Ballroom Instructor from Timeless Ballroom, teaches this fun class.

**Beyond Ballroom Dancing:** For those who know the basics but would like to learn more techniques; available on the 2nd and 4th Tuesday. Gaberial Akers, Professional Ballroom Instructor from Timeless Ballroom, teaches this fun class.

**Dine-a-Mite Diner:** Stop by for a lunch-time meal 11 am – 1 pm. Operated by CAC Mobile Meals.

**Fun Film Friday:** Enjoy a weekly movie every Friday at 1:00pm. Light snacks available for a donation. Want a say in what we are playing? Join our Movie Club which meets bi-monthly to choose fun films

**French:** Tuesdays at 10:00am. Enjoy expanding your French vocabulary! Oui? Peut-être? Call the center for more information.

**German class.** Thursday at 11:00 am.

**Greenhouse:** Now open on Mondays & Wednesdays, 10 am-1 pm. Hands-on care for any troubled houseplants, repotting assistance, and general growing advice. Feel free to stop by and see what we are working on!

**NEW!** It's Springtime and our raised beds need love! Adopt a raised garden bed by calling 865-523-1135. Space is limited.

*Continued on page 8*

# ELDER NEWS & VIEWS

## MAY CALENDAR OF EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Open Monday—Friday</b>  <b>8:30 am—4:30 pm</b>                      Billiards                      Darts                      Ping Pong                      Library                      Dine-A-Mite Diner                      11:00 am—1:00 pm</p>	<p><b>Classes are subject to change. Call the Center at 865-523-1135 for a current list of programming as some activities may have been added or changed after the publication of this calendar.</b></p>		<p>9:00 Knitting &amp; Crocheting <b>1</b>                      10:00 Tai Chi Set Practice                      11:00 German Class                      12:30 SAIL Exercise                      1:00 Beginner Guitar                      1:00 Seniors for Creative Learning                      2:00 Intermediate Guitar <b>NEW!</b></p>	<p>9:00 Yoga <b>2</b>                      9:00 Wood Carvers                      10:00 Mandolin                      10:30 Silver Stage Players                      11:00 Violin                      11:00 Advance Spanish                      1:00 Fun Film Friday                      1:00 Jam Band</p>
<p>9:00 Open Painting <b>5</b>                      10:00 Mahjong                      10:00 Tai Chi for Arthritis                      11:30 Lunch &amp; Learn: Food Safety                      12:30 SAIL Exercise                      1:00 Bingo                      1:30 Intermediate Line Dancing</p>	<p>9:30 Singing Seniors <b>6</b>                      9:30 Beginner Sewing                      10:00 French Class                      11:00 Italian Class                      11:30 Open Painting                      12:30 SAIL Exercise                      1:00 Seniors for Creative Learning                      1:30 Intro to Line Dancing                      2:30 Beginner Ballroom</p>	<p>9:00 Toenail Clipping Clinic * <b>7</b>                      10:00 Concert Band                      10:30 Beginner Spanish                      11:00 Jazz Band                      12:30 SAIL Exercise                      1:30 Beginner Line Dancing</p>	<p>9:00 Knitting &amp; Crocheting <b>8</b>                      10:00 Tai Chi Set Practice                      11:00 German Class                      12:30 SAIL Exercise                      1:00 Beginner Guitar                      1:00 Seniors for Creative Learning                      2:00 Intermediate Guitar                      2:30 Council on Aging Meeting</p>	<p>9:00 Yoga <b>9</b>                      9:00 Wood Carvers                      10:00 Mandolin                      10:30 Silver Stage Players                      11:00 Violin                      11:00 Advanced Spanish                      1:00 Social (Ballroom) Dance                      1:00 Jam Band                      1:00 Fun Film Friday</p>
<p>9:00 Open Painting <b>12</b>                      9:30 Creative Writers                      10:00 Mahjong                      10:00 Tai Chi for Arthritis                      11:30 Lunch &amp; Learn: Backyard Birds                      12:30 SAIL Exercise                      1:00 Bingo                      1:30 Intermediate Line Dancing</p>	<p>9:30 Singing Seniors <b>13</b>                      9:30 Beginner Sewing                      10:00 French Class                      11:00 Italian Class                      11:30 Open Painting                      12:30 SAIL Exercise                      1:30 Intro to Line Dancing                      2:30 Beyond Ballroom</p>	<p>9:00 Toenail Clipping Clinic * <b>14</b>                      10:00 Jazz Band                      10:00 Legal Aid (Appt. only) *                      10:30 Beginner Spanish                      11:30 Spring Band Concert                      11:30 Artist &amp; Crafters Window                      12:30 SAIL Exercise                      1:00 Genealogy                      1:30 Beginner Line Dancing</p>	<p>9:00 Knitting &amp; Crocheting <b>15</b>                      10:00 Tai Chi Set Practice                      10:00 SCSEP Job Fair                      11:00 German Class                      12:30 SAIL Exercise                      1:00 Beginner Guitar                      2:00 Intermediate Guitar</p>	<p>9:00 Yoga <b>16</b>                      9:00 Wood Carvers                      10:00 Mandolin                      10:30 Silver Stage Players                      11:00 Violin                      11:00 Advanced Spanish                      1:00 Jam Band                      1:00 Fun Film Friday                      1:00 Jam Band</p>
<p>9:00 Open Painting <b>19</b>                      10:00 Mahjong                      10:00 Tai Chi for Arthritis                      12:30 SAIL Exercise                      1:00 Artist Trading Cards                      1:00 Bingo                      1:30 Intermediate Line Dancing                      2:00 Commodities Distribution</p>	<p>9:30 Singing Seniors Practice <b>20</b>                      9:30 Beginner Sewing                      10:00 French Class                      11:00 Italian Class                      11:30 Open Painting                      12:30 SAIL Exercise                      1:00 Singing Seniors Concert                      1:30 Intro to Line Dancing                      2:30 Beginner Ballroom</p>	<p>9:00 Silver Stage Players <b>21</b>                      10:30 Beginner Spanish                      12:30 SAIL Exercise                      1:00 Silver Stage Players Performance                      1:30 Beginner Line Dancing</p>	<p>9:00 Knitting &amp; Crocheting <b>22</b>                      10:00 Tai Chi Set Practice                      11:00 German Class                      12:30 SAIL Exercise                      1:00 Beginner Guitar                      2:00 Intermediate Guitar</p>	<p>9:00 Yoga <b>23</b>                      9:00 Wood Carvers                      10:00 Mandolin                      11:00 Violin                      11:00 Advanced Spanish                      1:00 Jam Band                      1:00 Fun Film Friday</p>
<p><b>Center closed for Memorial Day</b> <b>26</b></p>	<p>9:30 Beginner Sewing <b>27</b>                      10:00 French Class                      11:00 Italian Class                      11:30 Open Painting                      12:30 SAIL Exercise                      1:30 Intro to Line Dancing                      2:30 Beyond Ballroom</p>	<p>9:00 Toenail Clipping Clinic * <b>28</b>                      10:30 Beginner Spanish                      12:30 SAIL Exercise                      1:00 Genealogy                      1:30 Beginner Line Dancing</p>	<p>9:00 Knitting &amp; Crocheting <b>29</b>                      10:00 Tai Chi Set Practice                      11:00 German Class                      12:30 SAIL Exercise                      1:00 Beginner Guitar                      2:00 Intermediate Guitar</p>	<p>9:00 Yoga <b>30</b>                      9:00 Wood Carvers                      10:00 Mandolin                      11:00 Violin                      11:00 Advanced Spanish                      12:30 Smoky Mountain Storytellers <b>NEW!</b>                      1:00 Jam Band                      1:00 Fun Film Friday</p>

### RECURRING WEEKLY EVENTS \* Call the Center at 865-523-1135 for more information.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 Billiards / Library / Darts 9:00 Ping Pong 10:00 Water Aerobics at YMCA 10:00 Greenhouse Open 10:30 Blood Pressure Checks 11:00 Dine-A-Mite Diner	8:30 Billiards / Library / Darts 9:00 Co-ed Senior Softball 9:00 Ping Pong 10:00 Water Aerobics at YMCA 10:00 Basic Arthritis Exercise 10:00 Tai Chi Set Practice 10:30 Blood Pressure Checks 11:00 Adv. Arthritis Exercise 11:00 Dine-A-Mite Diner 12:30 Cards & Games TECH TUTORING BY APPOINTMENT	8:30 Billiards / Library / Darts 10:00 Water Aerobics at YMCA 10:00 Qigong 10:00 Morning Painting 10:00 Quilting Bee 10:00 Greenhouse Open 10:30 Blood Pressure Checks 11:00 Dine-A-Mite Diner 12:30 Afternoon Painting TECH TUTORING BY APPOINTMENT	8:30 Billiards / Library / Darts 8:30 Blood Glucose Checks 9:00 Co-ed Senior Softball 9:00 Ping Pong 10:00 Water Aerobics at YMCA 10:00 Basic Arthritis Exercise 10:30 Blood Pressure Checks 11:00 Adv. Arthritis Exercise 11:00 Dine-A-Mite Diner 12:30 Cards & Games TECH TUTORING BY APPOINTMENT	8:30 Billiards / Library / Darts 9:00 Ping Pong 10:00 Water Aerobics at YMCA 10:30 Blood Pressure Checks 11:00 Dine-A-Mite Diner

# ELDER NEWS & VIEWS

## JUNE CALENDAR OF EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>9:00 Open Painting 10:00 Mahjong 10:00 Open Painting 10:00 Tai Chi for Arthritis 12:30 SAIL Exercise 1:00 Bingo 1:30 Intermediate Line Dancing</p>	<p>3</p> <p>9:30 Beginner Sewing 10:00 French Class 11:30 Open Painting 12:30 SAIL Exercise 1:30 Intro to Line Dancing 2:30 Beginner Ballroom</p>	<p>4</p> <p>9:00 Toenail Clipping Clinic* 10:00 Qigong 10:30 Beginner Spanish 12:30 SAIL Exercise 1:30 Beginner Line Dancing</p>	<p>5</p> <p>9:00 Knitting &amp; Crocheting 10:00 Tai Chi Set Practice 11:00 Beginner German 12:30 SAIL Exercise 1:00 Beginner Guitar 2:00 Intermediate Guitar</p>	<p>6</p> <p>9:00 Wood Carvers 10:00 Mandolin 11:00 Violin 11:00 Advanced Spanish 1:00 Fun Film Friday 1:00 Jam Band</p>
<p>9</p> <p>9:00 Open Painting 9:30 Creative Writers 10:00 Mahjong 10:00 Tai Chi for Arthritis 10:30 Acrylic Folk Techniques 11:30 Lunch &amp; Learn: Grandparents as Parents 12:30 SAIL Exercise 1:00 Bingo 1:30 Intermediate Line Dancing</p>	<p>10</p> <p>9:30 Beginner Sewing 10:00 French Class 11:30 Open Painting 12:30 SAIL Exercise 1:30 Intro to Line Dancing 2:30 Beyond Ballroom</p>	<p>11</p> <p>10:00 Qigong 10:00 Legal Aid (Appt only)* 10:00 Notary Services (Appt only)* 10:30 Beginner Spanish 12:30 SAIL Exercise 1:00 Genealogy 1:30 Beginner Line Dancing</p>	<p>12</p> <p>9:00 Knitting &amp; Crocheting 10:00 Tai Chi Set Practice 11:00 Beginner German 12:30 SAIL Exercise 1:00 Beginner Guitar 2:00 Intermediate Guitar 2:30 Council on Aging Meeting</p>	<p>13</p> <p>9:00 Wood Carvers 10:00 Mandolin 11:00 Violin 11:00 Advanced Spanish 1:00 Fun Film Friday 1:00 Social (Ballroom) Dance 1:00 Jam Band</p>
<p>16</p> <p>9:00 Open Painting 10:00 Mahjong 10:00 Tai Chi for Arthritis 11:30 Lunch &amp; Learn: Radiation Therapy—What you should know 12:30 SAIL Exercise 1:00 Bingo 1:30 Intermediate Line Dancing</p>	<p>17</p> <p>9:30 Beginner Sewing 10:00 French Class 10:00 Tai Chi Set Practice 11:30 Open Painting 12:30 SAIL Exercise 1:30 Intro to Line Dancing 2:30 Beginner Ballroom</p>	<p>18</p> <p>10:00 Qigong 10:30 Beginner Spanish 12:30 SAIL Exercise 1:30 Beginning Line Dancing</p>	<p>19</p> <p><b>Center closed for Juneteenth</b></p>	<p>20</p> <p>9:00 Wood Carvers 10:00 Mandolin 11:00 Violin 11:00 Advanced Spanish 1:00 Fun Film Friday 1:00 Jam Band</p>
<p>23</p> <p>9:00 Open Painting 9:30 Creative Writers 10:00 Mahjong 10:00 Tai Chi for Arthritis 12:30 SAIL Exercise 1:00 Artist Trading Cards 1:00 Bingo 1:30 Intermediate Line Dancing</p>	<p>24</p> <p>9:30 Beginner Sewing 10:00 French Class 11:30 Open Painting 12:30 SAIL Exercise 1:30 Intro to Line Dancing 2:30 Beyond Ballroom</p>	<p>25</p> <p>9:00 Toenail Clipping Clinic* 10:00 Qigong 10:30 Beginner Spanish 12:30 SAIL Exercise 1:00 Genealogy 1:30 Beginner Line Dancing</p>	<p>26</p> <p>9:00 Knitting &amp; Crocheting 10:00 Tai Chi Set Practice 11:00 Beginner German 12:30 SAIL Exercise 1:00 Beginner Guitar 2:00 Intermediate Guitar</p>	<p>27</p> <p>9:00 Wood Carvers 10:00 Mandolin 11:00 Violin 11:00 Advanced Spanish 1:00 Fun Film Friday 1:00 Jam Band</p>
<p>30</p> <p>9:00 Open Painting 10:00 Mahjong 10:00 Tai Chi for Arthritis 12:30 SAIL Exercise 1:00 Bingo 1:30 Intermediate Line Dancing</p>			<p>Open Monday—Friday 8:30 am—4:30 pm Billiards Darts Ping Pong Library Dine-A-Mite Diner 11:00 am—1:00 pm</p>	<p>Classes are subject to change. Call the Center at 865-523-1135 for a current list of programming as some activities may have been added or changed after the publication of this calendar.</p>

### RECURRING WEEKLY EVENTS \* Call the Center at 865-523-1135 for more information.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:30 Billiards / Library / Darts 9:00 Ping Pong 10:00 Water Aerobics at YMCA 10:00 Greenhouse Open 10:30 Blood Pressure Checks 11:00 Dine-A-Mite Diner</p>	<p>8:30 Billiards / Library / Darts 9:00 Ping Pong 9:00 Co-ed Senior Softball 10:00 Water Aerobics at YMCA 10:00 Basic Arthritis Exercise 10:00 Tai Chi Set Practice 10:30 Blood Pressure Checks 11:00 Adv. Arthritis Exercise 11:00 Dine-A-Mite Diner 12:30 Cards &amp; Games TECH TUTORING BY APPOINTMENT</p>	<p>8:30 Billiards / Library / Darts 10:00 Water Aerobics at YMCA 10:00 Morning Painting 10:00 Quilting Bee 10:00 Greenhouse Open 10:30 Blood Pressure Checks 11:00 Dine-A-Mite Diner 12:30 Afternoon Painting TECH TUTORING BY APPOINTMENT</p>	<p>8:30 Billiards / Library / Darts 8:30 Blood Glucose Checks 9:00 Co-ed Senior Softball 9:00 Ping Pong 10:00 Water Aerobics at YMCA 10:00 Basic Arthritis Exercise 10:30 Blood Pressure Checks 11:00 Adv. Arthritis Exercise 11:00 Dine-A-Mite Diner 12:30 Cards &amp; Games TECH TUTORING BY APPOINTMENT</p>	<p>8:30 Billiards / Library / Darts 9:00 Ping Pong 10:00 Water Aerobics at YMCA 10:30 Blood Pressure Checks 11:00 Dine-A-Mite Diner</p>



*Continued from page 5*

**Guitar (Beginner):** Interested in learning how to strum your favorite tunes? Join us every Thursday at 1 pm to expand your knowledge.

**NEW! Guitar (Intermediate):** Build on the skills and styles taught at the beginner level. Students explore more complex chords, strumming patterns, and scales. Join us every Thursday at 2 pm to expand your knowledge.

**Italian class:** Tuesdays at 11 am.

**Jazz Band:** Wednesdays at 11 am after Concert Band rehearsal. Call group leader Linda 865-640-1856 for more information. See "Concert Band" for more information. Will resume in the Fall.

**Jam Band:** Whether you are a musician looking to play some of your favorite tunes with friends or you're just a music lover wanting to hear some of your favorite songs--Fridays at 1:00 pm is the place to be!!

**Knitting & Crocheting:** Thursdays at 9 am. Meet new friends and enjoy crocheting in this low key and social circle. Crochet may be a suitable alternative for crafters who have set aside more intricate crafts due to vision loss or loss of mobility in the hands. Bring your own craft to work on; instructions and advice provided for beginners are always welcome!

**Library:** The O'Connor Center Community Library is open! Volunteers organize, sort, and shelve all books. Feel free to stop by and peruse the collection.

**Mahjong Mondays:** Join us on Mondays at 10 am for a fun game of Mahjong. Beginner-friendly.

**Mandolin:** Mandolin is a great instrument to learn because it's small and portable. It has a very soothing and beautiful sound to listen to too. The mandolin provides a very important sound in the bluegrass band. Join us for this beginner-friendly class every Friday at 10 am.

**FREE Notary Services** (Exclusive for Members of the O'Connor Center) By appointment only.

**Music Theory Class:** The purpose of this course is to guide students to learn to read music, then build on that knowledge by helping them understand the musicality in the piece. This will be done by learning the differences in time and key signatures, counting the measures, and the history of music. Spring semester concluded in April 2025; will resume in July.

**Painting Open Studio:** Mondays at 8 am and Tuesdays at 11:30 am. Painting studio is open to participants to work on their own paintings. Call for more information.

**Ping Pong:** Mondays, Thursdays and Fridays at 9 am. Join us for an active and fun game of table tennis! Beginners and experts are all welcome. We will play games of single players or bring a friend to play doubles.

**Seniors for Creative Learning:** A partnership between the O'Connor Center and the UT Center for Professional Education and Lifelong Learning makes this lecture series possible. Call 865-974-0150 for information, to register for classes and to pay by credit card. Stay tuned for the next series of classes. Spring semester concludes on May 8, 2025. Will resume in the Fall.

**Silver Stage Players:** Fridays at 10:30 am. Please join us! We are currently looking for new cast and crew to work on the next original theater production for the winter season. There are no small parts! No experience necessary. If interested in joining or supporting the next show, give us a call at 865-523-1135. Spring Performance May 21, 2025. Will resume in the Fall.

**Singing Seniors:** Tuesdays at 9:30am. We are delighted to welcome back 70+ choir members to the Center! Keep a look out in upcoming newsletters for our upcoming concert schedule. Spring semester concludes with a concert on May 20, 2025. Will resume in the Fall.

**NEW! Smoky Mountain Storytellers** Storytellers will share traditional Appalachian tales, and classic stories from foreign lands, contemporary fiction and personal narratives.

**Spanish:**

**Beginner** – Wednesdays at 10:30 am. Hola! We will be guided by "Madrigal's Magic Key to Spanish", an accessible and affordable basic textbook.

**Advanced** – Fridays at 11 am. Class is conversational.

**Beginner Sewing:** Tuesdays at 9:30 am. Learn machine sewing techniques on small, easy, and useful crafts in this instructed sewing class. Space is limited; please call the Center to reserve a spot.



FEED YOUR BODY & MIND

If you are always looking to increase your knowledge and learn something new, this is the program for you! We will be featuring an educational speaker twice a month to talk on topics that are pertinent to you. Call ahead to register. Lunch from the O'Connor diner is provided, and donations are appreciated. **All programs begin at 11:30 am.**

**Monday, May 5**

**Food Safety**

Kevin Clark, Director of Environmental Health Knox County Health Department, will give an overview of what they do at the Health Department and talk about food safety in home kitchens and restaurants. He will discuss foodborne outbreaks and how to dine out safely.

**Monday, May 12**

**Backyard Birds**

Join Tiffany & Rebecca from Wild Birds Unlimited as they share pictures of the top 10 backyard birds here in our area, along with what they eat and their behaviors.

**Monday, June 9**

**Documentary: Grandparents as Parents**

In Tennessee, over 76,000 grandparents are responsible for their grandchildren. Join this program to view the PBS Nashville documentary to learn and have a conversation about community support for family caregivers.

**Monday, June 16**

**Radiation Therapy: What You Should Know**

There are several types of radiation therapy to treat cancer and other conditions. A Thompson Cancer Survival Center representative will share information on the different forms of radiation therapy and how they differ.

This program is made possible by the generous support of The O'Connor Family.

*Continued on page 10*



## SENIOR NUTRITION PROGRAM SPONSORS

*In Mobile Meals' Adopt-A-Senior program, you can provide Mobile Meals for a month, or more, for a homebound older adult 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 at 865-524-2786. The following people and organizations contributed to Mobile Meals in February and March 2025.*

### MOBILE MEALS

Anonymous (10)  
 Anonymous\*(7)  
 Barbara Abner  
 Glen Anderson\*  
 Barbara June Cook Family Trust  
 Beaver Creek Cumberland  
 Presbyterian Church\*  
 Mary Biehler  
 Joyce Billingsley  
 Melissa Brennehan\*  
 Stella Brewer  
 Jim Brine  
 Ken & Kaye Brock\*  
 Bruce Broussard  
 Joyce Brown\*  
 Carl and Nancy Bylin  
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 Colin Booth & Jacqlyn Schmitt\*  
 Collier Development Co. Inc.  
 Colonial Heights United Methodist Church\*  
 Eileen Combs  
 Concord Presbyterian Church  
 Concord United Methodist Church  
 Diana Cook-Keyhani  
 John Cooper\*  
 Mark & Helen Dickey  
 Lee Doane  
 Richard Duncan  
 Alvin Dziurzynski\*  
 Harold Elkins\*  
 Darrell & Katalin Elliott  
 Allan & Donna Ellstrom  
 Farragut Presbyterian Church  
 Fred and Barbara McGinnis  
 Jason Goins\*  
 Juanita Grant  
 Janice Hixson  
 Bryan Honaker  
 John & Johanna Hoover  
 Mahmood Hosseini  
 Richard & Rebecca Jenkins\*  
 Roberta Jones  
 Kent and Carol Rinehart  
 John King\*  
 Donelson & Catherine Leake  
 Mr. and Mrs. Gary Long  
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 Debbie Lowe\*  
 Gloria Ann Lunsford  
 Steve Luper  
 Lynn McGinnis\*  
 Gregory Mackay  
 John & Lillian Mashburn  
 Mary McCormick

Harry & Ruth McLeod\*  
 Sandra McLeod\*  
 Tina McLeod  
 Walter & Betty McMillan  
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 Annette Mendola  
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 Katelyn Mull\*  
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 Ms. Eva Owenby  
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 Deborah Perry  
 Julia Pimm\*  
 Carl & Mary Porter  
 Michael Rader  
 Douglas & Jeanette Ramey  
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 Mr. Joe Reed  
 Grady Renfro  
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 Rotary Club of Bearden  
 Joanne Schutt\*  
 David Sells  
 Sequoyah Hills Presbyterian  
 Church  
 Jim & Ann Shay  
 Ronald & Virginia Shrieves  
 Flossie Smith  
 Patrick Smith  
 George & Betty Southworth  
 W & G Stewart\*  
 Cori Sweet & Roy Copping\*  
 Ms. Jennifer K Taylor\*  
 Mr. Zoran Terzic  
 The Hubbell Foundation  
 William Chaves Torres  
 John Vettori  
 Washington Presbyterian Church  
 Susanne White\*  
 Mr. and Mrs. Rex Williams  
 Estate of Patricia Ann Wininger

### MOBILE MEALS IN HONOR

*In Honor of Bettye Phifer*  
 By Anonymous  
*In Honor of Janice Noe*  
 By Ms. Teresa Anderson  
*In Honor of Janice Noe*  
 By Jane Gerard  
*In Honor of June Trbovich*  
 By Mr. & Mrs. Doyle Butcher

*In Honor of June Trbovich*  
 By Mr. & Mrs. Roger Cannon  
*In Honor of June Trbovich*  
 By Mr. Coulter Gilbert  
*In Honor of June Trbovich*  
 By Anna Haese  
*In Honor of June Trbovich*  
 By John Kerr  
*In Honor of Fred Melloy*  
 By Buddy and Judith Pelot  
*In Honor of Robert E. Stultz*  
 By Perry Stultz

### MOBILE MEALS IN MEMORY

*In Memory of John Foley*  
 By Anonymous  
*In Memory of Jo Cultice*  
 By Anonymous  
*In Memory of Lois Pack*  
 By Anonymous  
*In Memory of Bruce Foster, Jr.*  
 By Anonymous  
*In Memory of Bruce Foster, Jr.*  
 By Bernard & Barbara Bernstein  
*In Memory of Bruce Foster, Jr.*  
 By Sam & Nancy Bills  
*In Memory of Bruce Foster, Jr.*  
 By Tasha Blakney  
*In Memory of Bruce Foster, Jr.*  
 By Dr. & Mrs. Michael Crowell  
*In Memory of Bruce Foster, Jr.*  
 By Donna Deichert  
*In Memory of Bruce Foster, Jr.*  
 By Duane & Marsha Grieve  
*In Memory of Bruce Foster, Jr.*  
 By Joseph Grogan  
*In Memory of Bruce Foster, Jr.*  
 By Jeff & Judy Houser  
*In Memory of Bruce Foster, Jr.*  
 By Lawson Family Foundation  
*In Memory of Bruce Foster, Jr.*  
 By G Mark Mamantov  
*In Memory of Bruce Foster, Jr.*  
 By Mr. & Mrs. Colon McCarty  
*In Memory of Bruce Foster, Jr.*  
 By Dennis McClane  
*In Memory of Bruce Foster, Jr.*  
 By Mr. & Mrs. William L O'Dell Jr.  
*In Memory of Bruce Foster, Jr.*  
 By Kiernan Patusky  
*In Memory of Bruce Foster, Jr.*  
 By Cathy Shuck  
*In Memory of Bruce Foster, Jr.*  
 By Mr. & Mrs. Dwight Wade  
*In Memory of Bruce Foster, Jr.*  
 By Andy Zirkl

## OFFICE ON AGING PROGRAM CONTRIBUTORS

*The Office on Aging appreciates all who give so generously to its programs. Your contributions make a difference!*

### AGING SERVICES

Anonymous (1)  
 Anonymous(2)\*  
 Rose Burgett\*  
 Seann Gloss\*

### DAILY LIVING CENTER

Monica Franklin\*

### GRANDPARENTS AS PARENTS

Joseph Milana

### O'CONNOR SENIOR CENTER

Anonymous(1)  
 Mary Gallaher  
 Mr. and Mrs. J. R. Greene  
 Mary Greene  
 Thomas & Susan Greer  
 Mr. and Mrs. James Hazenfield  
 Gregory & Margaret Heaton  
 Brian O'Connor  
 David O'Connor  
 Mr. G. Edward O'Connor  
 Gregory & Ann O'Connor  
 Ian O'Connor  
 Jane O'Connor  
 Joseph & Ariane O'Connor  
 Kevin O'Connor Salon  
 Ms. Lisa O'Connor  
 Mr. and Mrs. Robert O'Connor  
 Shawn & Youngran O'Connor  
 Stephen O'Connor  
 T. Patrick & Marcia O'Connor  
 Paul & Esther Shogren

### KNOX PAWS & FEED-A-PET

Anonymous (1)  
 Anonymous (1)\*  
 Amanda Atkins\*  
 Carol Blair  
 Chris Caldwell  
 George and Deborah Carriker\*  
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 Dwight & Tracy Van de Vate  
 Patricia Woods\*  
 Jonathan & Mary Woody\*

### KNOX PAWS & FEED-A-PET IN HONOR

*In Honor of Randy Smith and Jim Snowden*  
 By Anonymous

### KNOX PAWS & FEED-A-PET IN MEMORY

*In Memory of Stella and Manny*  
 By Kevin & Linda Staton  
*In Memory of Justin Walker & Lily*  
 By Kaye Bacon  
*In Memory of Jack Hubbard*  
 By Paige Travis  
*In Memory of Claire Beckman*  
 By Daniel & Patricia Green

### SENIOR COMPANION PROGRAM

Monica Franklin\*  
 Sharon Easky  
 Deena Greer

\*Denotes regularly recurring donors

You can donate to any of the programs at the CAC Office on Aging  
 on our website at [knoxseniors.org/donate](https://knoxseniors.org/donate).

*Continued from page 8*

**Technology Tutoring:** Available one-on-one appointments with volunteers on Tuesdays, Wednesdays, and Thursdays for computer questions and answers. Call the Center to schedule an appointment.

**Texas Hold 'Em:** Wednesdays at 12:30 pm. Enjoy fellowship and competition with experienced and inexperienced card players, newcomers welcome!

**Violin:** Fridays at 11 am. For the first part of the class, discover the basics of playing the violin. Learn alongside other beginners in a relaxed, small group setting as you explore violin technique, begin to read music, and start learning to play your very own songs. The second half of the class is for those building on their basic violin skills.

**Woodcarving:** Join us every Friday at 9 am for fun and creativity. Woodcarvers of all abilities are welcome, and instruction is available.



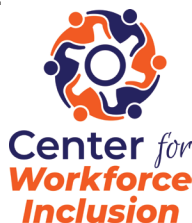
## OPPORTUNITIES for JOB SEEKERS

The Senior Community Service Employment Program (SCSEP), a program of the CAC Office on Aging and funded through the Center for Workforce Inclusion (CWI), helps individuals 55 and older find permanent employment through building skills, experience and confidence. Job seekers serve their communities while gaining valuable on-the-job training through paid temporary assignments with local non-profit and government agencies, such as schools, libraries, senior centers, social services agencies, hospitals, and more.

SCSEP also now offers the CWI Works Career Pathways Model, which offers training customized to the most in-demand positions: Office Administration, Health & Social Services, Facility Management, Customer Service, and Food Service.

You may qualify if you are:

- 55 and older
- Income eligible
- Seeking employment



Call SCSEP for more information at 865-523-1135.



**Grandparents as Parents** is a program of the CAC Office on Aging. This program supports grandparents and other relatives by offering educational meetings, connections to services, referrals, plus a Grandparents as Parents Guidebook. If you or someone you know is raising a grandchild or other relative, give Grandparents as Parents a call to join this free program.

### Grandfamilies Together Meeting

Tuesday, May 20, 2025

10 am - 12 pm

CAC Ross Building

2247 Western Ave., 37921

Special Guest Sharon Hajko will be sharing information about the Drug Overdose Support Group and leading us in a crafting project. Reservations appreciated. Call Tracy or Anne at 865-524-2786.

### O'Connor Center Lunch and Learn Series

Monday, June 9, 2025

11:30 am

611 Winona St., 37917

Call ahead to register at 865-523-1135.

A free lunch is provided. Donations are appreciated.

Join the Grandparents as Parents program and State Representative Sam McKenzie to discuss the impact that grandparents and relative caregivers have on building a community around caring for their grandchildren/relatives. We will view the Grandparents as Parents Documentary (27 mins) filmed by PBS Nashville, which will be followed by a discussion led by Rep. McKenzie. The documentary features a grandfamily from the East TN region.



## TECH SMART KNOX SENIORS

Tech Smart Knox Seniors, in partnership with Tech Goes Home, provides individuals 60 and older with digital training and access to digital tools. The 15-hour class gives instruction to gain the skills and confidence needed to navigate technology. Class participants receive a Chromebook after course completion.

### Upcoming class locations and dates:

#### East Neighborhood Center

4610 Asheville Highway, 37914

May 5th - 9th, 12:30 pm - 3:30 pm

May 19th - 23rd, 12:30 pm - 3:30 pm

#### Ross Building

2247 Western Avenue, 37921

June 2nd - 6th, from 9 am - 12 pm

#### Cedar Bluff Branch Library

9045 Cross Park Drive, 37923

June 23rd - 27th, 1 pm - 4 pm

*Space is limited. Registration is required in advance.*

Call 865-524-2786 or email [techsmart@knoxseniors.org](mailto:techsmart@knoxseniors.org).





## Senior Companion Program Celebrates Two Retirements



[L to R] Ms. Madeline and Ms. Peggy, long-time Senior Companion volunteers

On Friday, March 21, 2025, the AmeriCorps Seniors celebrated the retirement of Ms. Madeline (age 91) and Ms. Peggy (age 90) from their second careers as Senior Companions.

Ms. Madeline has been a Senior Companion since 1997 or for 28 years. She has served 58 clients during her years. Ms. Madeline received the TN Governor Star Award in 2021. The TN Governor Star Award strives to recognize outstanding individuals, businesses, and non-profits from across the state.

Ms. Florence Dills, Senior Companion Program Coordinator for 21 years, said of Ms. Madeline “She was there when I first started, having served already 7 years. According to Ms. Madeline, I was just a baby when I became the coordinator.”

Ms. Peggy began her career as a Senior Companion in 1998 or for 27 years. She served 10 clients at 10 to 15 hours a week. She only took one client at a time. Her presence kept them independent in their homes just a little longer. Ms. Dills stated, “When I think of Ms. Peggy, I think of dancing. She was out on the dance floor at every one of our recognitions. She loved to dance and even once danced with James Brown.”

We want to congratulate Ms. Madeline and Ms. Peggy and thank them for their many years of service to older adults in our community.

Knoxville Parks & Recreation is seeking your feedback to help shape the future of parks and recreation programs. Please visit [www.playknoxvilletn.com](http://www.playknoxvilletn.com) by May 31 to share your feedback through an interactive map or a 15-20 survey. Please share with your family, friends, and anyone as we strive for all to provide their input!



## JOIN the COUNCIL ON AGING!

The Knoxville-Knox County Council on Aging is the advisory body to the Office on Aging. Membership is open to organizations and individuals and we are looking for members! Any older adult or retiree group, community organization, or agency providing services to older people as well as anyone interested in older adult issues in Knoxville or Knox County is eligible for membership. There are no dues or membership fees.

An elected Executive Committee handles the Council business, but members have a voice at general meetings and vote on all important issues. The Council meeting is held on the second Thursday of each month (except for July and August) at the O'Connor Center (611 Winona St., 37917).

**Call 865-524-2786 for more information or to become a member. Learn more about the Council at [knoxseniors.org/coa](http://knoxseniors.org/coa).**

### *Elder News & Views Online!*

If you would like to receive a link to Elder News & Views online, send an email to [knoxooa@knoxseniors.org](mailto:knoxooa@knoxseniors.org). You can find the current issue as well as back issues 24/7 at [knoxseniors.org/env](http://knoxseniors.org/env).

## MAY COMMODITIES DISTRIBUTION

### What are commodities?

Commodities are a shelf-stable food program with food resources provided by USDA. Each household will receive two bags of food.

### Who is eligible to receive food items?

Any low-income Knox County resident providing proof of residency with name and address (ID card, KUB bill, etc.) upon pick-up. One distribution per household.

### How do I sign up?

No sign-up necessary. Just go to the pick-up location with your proof of Knox County residency and self-declaration of income will be required.

**SOUTH NEIGHBORHOOD CENTER**  
522 Maryville Pike  
**Monday, May 19th**  
10:30 am - 12:30 pm

**O'CONNOR SENIOR CENTER**  
611 Winona St.  
**Monday, May 19th**  
2:00 pm - 4:00 pm

**MOBILE MEALS KITCHEN/ MALCOLM MARTIN PARK**  
1747 Reynolds St.  
**Tuesday, May 20th**  
3:00 pm - 4:30 pm

*Commodities Distribution is a program of CAC Nutrition Services. This project is funded under a grant contract with the State of Tennessee.*

# 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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TECH SMART KNOX SENIORS CLASS SCHEDULE, PAGE 8

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MAY/JUNE 2025

## ELDER NEWS & VIEWS

PAGE 12

The Council on Aging presents

### Scam/Fraud Awareness Training

*In Recognition of World Elder Abuse Awareness Day on June 15*

Thursday, June 12th at 2:30 pm  
O'Connor Senior Center, 611 Winona St.

Home Federal Bank's Information Security and Cybersecurity Awareness Program is designed to educate and empower individuals through consistent training, testing, and communication focused on security best practices, policies, and current cyber threats. While originally developed to strengthen our internal security culture, the core principles—raising awareness, changing behavior, and promoting quick, confident responses to scams and cyber incidents—are equally critical for protecting our customers and senior community members. By sharing insights from our program, we aim to help older adults recognize and avoid fraud, social engineering, and online scams, fostering a safer and more resilient community.

*This program is free and open to the public!*



CAC OFFICE ON AGING

### Aging Well:

50 Years in the Making

## ELDER NEWS & VIEWS

OFFICE ON AGING DIRECTOR

Dottie Lyvers

EDITOR

Rachel Kraft

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