

ELDER NEWS

SEPTEMBER/OCTOBER 2017

VIEWS

OFFICE ON AGING
KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

AGING! A FAMILY AFFAIR

The Office on Aging's annual fall workshop, Aging: A Family Affair, will cover a wide variety of topics of interest to seniors, professionals, and caregivers. The workshop will be offered on Thursday, November 9, at Rothchild Conference

Center, 8807 Kingston Pike, from 8:00 a.m. to 3:45 p.m. The cost for the day is \$25 (through October 27), including continental breakfast, lunch, and exhibitors' fair. Many thanks to our major sponsor, the University of Tennessee Medical Center, and to First Tennessee Foundation, Covenant Health, and the Knoxville News Sentinel, whose sponsorship helps keep the cost very low. Registration starts at 8:00 a.m. The keynote begins at 9:00 a.m., and the first workshop session begins at 10:15 a.m. Arrive early to enjoy the exhibitors' fair before the keynote address begins. There will also be many free screenings in the Grand Ballroom throughout the day. ■

Aging: A Family Affair

Date: Thursday, November 9, 2017

Time: 8 am – 3:45 pm

Place: Rothchild Conference Center

AGING: A FAMILY AFFAIR 2017 WORKSHOPS

Vascular Health & Diabetes Effects

Technology for Active Aging

Improving Outcomes in Pelvic Health: What You Always Wanted to Know but Were Afraid to Ask

2017 Update on Medicare and Social Security

Savvy Savings for Seniors

Food as Medicine: A Foundation for Health

Staying or Moving? Planning for Transitions

Speakers for each workshop are experts in their fields. They are listed with their workshops in the brochure (see "Registration" to learn how to get a copy).

EXHIBITORS' FAIR More than 60 vendors will be on hand to offer information about services for seniors and their caregivers.

Roberto Fernandez MD, MPH, PhD

Medical Director,
The Pat Summitt Clinic
University of Tennessee
Medical Center
Brain and Spine Institute



KEYNOTE SESSION

The Office on Aging is honored to welcome Dr. Roberto Fernandez, Medical Director with the Pat Summitt Clinic.

Topic: "How to Keep a Healthy Brain and What to Do If You Don't"- Dr. Roberto Fernandez- Medical Director, The Pat Summitt Clinic at the University of Tennessee Medical Center.

Dr. Fernandez received his MD degree from the Universidad Autónoma de Centro America in his native Costa Rica. He received a Masters of Public Health degree and a Ph.D. in neurobiology and Anatomy at the University of Rochester Medical Center (Rochester, NY), where he subsequently completed a residency in Neurology and fellowship in behavioral neurology. He served as Assistant Professor of Neurology at University of Virginia since from 2012-2016 and is currently Medical Director of The Pat Summitt Clinic at the University of Tennessee Medical Center.

Dr. Fernandez's research focuses on Alzheimer's disease and cognitive aging.

See page 2 for registration information.

Aging: A Family Affair registration information

To get a copy of the *Aging: A Family Affair* brochure:

Go online to www.knoxseniors.org and click on the AFA brochure link. You can see the workshop choices there and print off the form to mail in with your payment.

You can also get a brochure by calling the Office on Aging at the number below to have one mailed to you.

If you need help with registering, please call the Office on Aging at (865) 524-2786.

The early-bird cost to attend Aging: A Family Affair is just \$25. Any registrations received after Friday, October 27, will be \$30.

You can register in a couple of ways:

- Register and pay by check: Use the registration form in the brochure. Mail it and your check for \$25 to the address on the form by October 27.
- Register and pay by credit card online: Go online to knoxseniors.org, click on the AFA registration link, and fill out your workshop choices and credit card information.

If you need assistance with transportation to attend Aging: A Family Affair, please call the Office on Aging as far in advance as possible: (865) 524-2786.

KNOXSENIORS.ORG GETS A MAKEOVER

If you haven't visited the Office on Aging website in a while, you are in for a treat. Knoxseniors.org has a new look, with all the information you need to find senior services in Knoxville and Knox County. With its new design, the website offers programs and services for seniors in Knoxville and Knox County. It's also where you can read the Office on Aging blog, published bi-monthly by Bob Paroski. Just added to the site is the Senior Service Directory Online providing the most up-to-date information from the "Little Yellow Book." Have a look and let us know what you think! ■

Dare to be fabulous!

Join us for

Power of the Purse

You'll find the hottest pocketbooks, designer purses and evening bags in every price range, all in one location.

Thursday, September 21, 2017

Doors open at 5:15 pm.

Purse Madness begins at 6 pm sharp!

Cocktail Buffet and cash bar will be provided.
Admission includes one drink ticket.

Rothchild Conference Center
8807 Kingston Pike, Knoxville, TN

\$40 for individual tickets or
save by purchasing a table of eight for \$300.

Contact Covenant Health @ (865) 541-4500
to reserve your seat or visit knoxseniors.org.

For event information,
call Shelly Woodrick at (865) 524-2786.



HUMANA GRANT

CAC Office on Aging was recently selected to receive a major grant from the Humana Foundation to increase the number of adults receiving nutritious meals at local senior facilities. This fall, the grant will provide health and wellness education around the noon time meals Monday through Friday at both the O'Connor Center and Guy B. Love Towers. These fun and motivational programs, along with the nutritious meals, will help older adults achieve their best health.



Want to live healthier? Having the knowledge, tools, and resources to help you stay physically and mentally healthy is key.

Beginning in November, look for the Better Health apple on new and existing programs on the O'Connor Center calendar and sign up to receive some fabulous health-related gifts.



Watch for more information as the program begins in late September. Come eat with us at O'Connor Center and Guy B. Love Towers....you'll be healthier if you do! ■

FALL PREVENTION AT O'CONNOR SENIOR CENTER

Falls are the main reason why older adults lose their independence. Everyone is at risk, even if they think they aren't. The Knoxville-Knox County Senior Safety Task Force is kicking off Fall Prevention Awareness Month at the O'Connor Senior Center health fair on Friday, September 22 from 8:30am to 11:30am. Several different stations will be available: home safety, vision testing, medication safety, and balance screening among other activities. Special guest Knox County Mayor Tim Burchett will be in attendance to kick off Fall Prevention Awareness Month. Sponsors for this event include Benchmark Therapy, Knoxville-Knox County Health Department, Knox County CAC Office on Aging, Senior Citizens Home Assistance Service (SCHAS), Humana, ETAAAD/ETHRA and AARP. Additional Fall Prevention events will be hosted throughout September. Check with your local senior center for more information. ■



SENIOR JOB FAIR

Job-seeking seniors: Come to the Senior Employment Service (SES) Job Fair on Wednesday, October 4, from 9:00 a.m. to noon at the O'Connor Center, 611 Winona Street. The Senior Employment Service, a program of the CAC Office on Aging, is hosting the event with help from sponsors who will be at the job fair, along with as many as 45 area employers.

Date: Wednesday, October 4, 2017

Time: 9 am – noon

Place: O'Connor Senior Center

The job fair is an excellent opportunity to market oneself, so attendees should come prepared to discuss opportunities with prospective employers. Plan to bring copies of your resume, lists of your references, and any other information you might need to fill out applications.

If you need help with our resume or interviewing skills, please call Senior Employment Service, 524-2786, for more assistance.

The Senior Community Service Employment Program (SCSEP, pronounced "SeeSep") is a federal program funded by the U.S. Dept of Labor. Housed at CAC Office on Aging, SCSEP helps older adults find temporary, part-time training positions while helping them to obtain the skills needed to secure permanent employment.



SCSEP participants are assigned to more than 30 local nonprofit and government agencies, including the Boys and Girls Club, Tennessee Department of Safety, Knoxville Area Urban League, and Friends of Literacy.

In addition to receiving on-the-job training, SCSEP participants are involved in other opportunities that will enhance their job-search activities, which allows them to update skills such as resume writing, interviewing techniques, and self-confidence workshops, in addition to **Digital Inclusion** classes that introduce and sharpen skills on basic computer applications and tablets. ■



GAP RECEIVES FIST BUMP AWARD

Congratulations to our Grandparents As Parents (GAP) program for winning the Fist Bump Award from Knox County Schools Family and Community Engagement Department for being an outstanding community partner. We are so honored to receive this award. For more information about the GAP program, call 865-524-2786. ■

GAP Offers Evening Support Group Meetings

Attorney Barbara Johnson will present a program on Grandparents as Parents: The Legalities of Your Will. Free legal assistance will be available from UT Law Clinic interns. Free meal and childcare is available. RSVP if you need transportation.

Wednesday, September 13

5 – 7 pm

First Baptist Church
510 Main St, Downtown Knoxville

Thursday, October 19

5 – 7 pm

Powell Boys & Girls Club
1819 Dry Gap Pike in Powell

To RSVP or for more information about the GAP program, call 865-524-2786.

INCREASING YOUR FOOD BUDGET IS A SNAP

Using your Supplemental Nutrition Assistance Program (SNAP) benefits at the grocery store is a snap: you swipe your EBT card through the card reader, just as you would a debit or credit card, and go. But now you can use your EBT card to purchase farm-fresh vegetables!



Market Square Farmer's Market, downtown Knoxville. Hours for EBT use: Wed. 11 a.m.-2 p.m. and Sat. 9 a.m.-2 p.m. Info: (865) 805-8687; marketsquarefarmersmarket.org

New Harvest Park Farmer's Market at 4700 New Harvest Lane. Hours for EBT use: Thur. 3-6 p.m. Info: (865) 215-6600; knoxcounty.org/farmersmarket/index.php

Three Rivers Market, Knoxville's Community Food Cooperative, at 1100 N. Central St. in Knoxville. Open daily 9 am – 10 pm; 865-525-2069; threeriversmarket.coop

Did you know that SNAP provides more than just food?

SNAP has benefits besides increasing your food budget. You can:

- Double Up on fresh fruits and vegetables
- Discount on Amazon Prime Membership
- Discount internet and wi-fi service

Host a SNAP Party

Any group or community center can schedule a SNAP Party, a fun, informational presentation on the requirements and benefits of applying for SNAP.

Assistance for Seniors who need SNAP

Do you need some personal help to sign up for SNAP? Contact Alice Allen, SNAP outreach coordinator, at the Knox County Office on Aging at (865) 524-2786, to help with the application process. ■

**SENIOR SERVICE
DIRECTORY ONLINE NOW
AT KNOXSENIORS.ORG**



O'CONNOR CENTER SCHEDULE - SEPTEMBER/OCTOBER

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

The O'Connor Center will be closed Monday, September 4, for Labor Day

Fall is such a wonderful time here in East Tennessee and at the O'Connor Center! See the calendar for dates which will include the Seniors for Creative Learning fall semester, Senior Day at the Tennessee Valley Fair, the Mayor's Picnic, the 13th annual O'Connor Center Golf Classic fundraiser, a new **Monday/Wednesday 10:00 am Morning Stretch & Balance** exercise class, **Tennessee Senior Brain Game District and Semi-Final Competition**, and even a **Friday Senior Advanced Cardio** class. Lots of great activities so check the calendar carefully so you don't miss out on anything!

Good health is always important, so plan to participate in our 13th Annual Fall Festival of Healthcare, on Friday, September 22, which will begin at 8:30 am. Walgreens Pharmacy staff will give flu shots so please call to schedule your appointment time--and remember to bring your insurance card! Lab work will be available for a small fee, and there will be complimentary health screenings along with the latest health information.

Fall can be fun at O'Connor so plan to join us this season as we strive to provide opportunities that will enable you to *add life to years!*

SEPTEMBER/OCTOBER PROGRAMS

AARP Driver Safety Program: The Smart Driver Course will be offered Wednesday and Thursday, September 20 & 21. Call Carolyn Rambo at 382-5822 for info and to register for this two-day refresher course.

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

Ask-A-Pharmacist: If you have questions related to prescriptions or other medication, Jay Wyrick, Walgreens RPH, will be available to find an answer for you.

Belly Dance: Wednesdays. This is a great way to work on core muscles while having a ton of fun.

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

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

Blood Pressure Checks: Monday through Friday, 10:30 am-11:30 am, with Tuesday checks provided by

Quality Home Health Care.

Brain Games: Regular games are played on Wednesdays at 12:00 noon and new participants are welcome at any time. An O'Connor Team will participate in the State competition.

Brain Games Competition: O'Connor will host the East Tennessee District and Semi Final Senior Brain Game competition sponsored by the Tennessee Commission on Aging. Join us on September 8 at 10:00 am to cheer the O'Connor Team to victory in the District competition! Then on September 22 welcome the three District winners for the East Tennessee Semi-Final Senior competition. Call to reserve your spot.

Camera Club: Wednesdays, September 20 & October 18. Let us help guide your development both creatively and technically as we focus on the benefits of participating in the Camera Club. Help us identify goals and objectives of this group as we redefine the Camera Club.

Cards and Games: Thursdays. Come and join the game of the day! Everyone welcome! Council on Aging (COA) and Seniors for Creative

Learning (SCL) Joint Meetings: Thursdays, September 14 & October 12. Both events are open to the public. The September joint meeting will feature Dr. Jose A. Cardenas. A stroke can happen in a moment. The October 12 meeting will feature the Silver Stage Players' movie, That's What Friends Are For, the Movie, produced by the Tennessee Stage Company.

Creative Endeavors: Mondays, September 11 & October 9. Group has open membership for those who are looking for ways to express their creativity; free membership and newcomers are always welcome!

Creative Writers Workshop: Mondays, September 11 & 25 and October 9 & 23. Join Barbara Stephens who lends encouragement and direction to others who enjoy writing!

Cribbage & Card Games: Tuesdays. Great fellowship! Newcomers always welcome!
Fabric Painting: Mondays, September 11 & October 9. Enjoy socializing with others during this self directed activity! Some supplies & tools available and newcomers are always welcome.

Fabulous Friday Fun

In addition to the below listed activities that make Fridays special, the new **Senior Advanced Cardio** exercise class will take place each Friday at 8:45 am.

- Sept. 8** East Tennessee Brain Game District Competition
- Sept. 15** Mayor's Picnic; DJ Variety Dance
- Sept. 22** Fall Festival of Healthcare, Kickoff by Mayor Burchett
Flu Shots, Blood Work, Hearing Screening / Knox County Health Department

- Sept. 22** Balance Screening, and much, much more.
- Sept. 22** Flu Shots--bring ID and insurance cards
- Sept. 22** East Tennessee Brain Games
- Sept. 29** O'Connor Fundraising Golf Classic
- Sept. 29** Silver Stage Players resume meeting
- Oct. 20** Friday Fun Film Selection Committee, DJ Variety Dance

Flower Lovers Club: Meets the first Thursday of every month. Membership is open to anyone who enjoys working with flowers. Be sure to check out the items submitted for competition by the O'Connor Flower Lovers Club in the Jacobs Building at the TVA&I Fair!

French: Tuesdays. Bilingual brains can better resist dementia and boost your brain power. It's not too late to learn.

Genealogy: Genealogy is one of the fastest growing hobbies in the United States. Join us every 2nd and 4th Wednesday to find your roots.

Gift Shop: Open Monday-Friday from 10:00 am-2:00 pm. New crafters are invited to join and place hand-made/hand-crafted treasures for sale in the shop for a mere \$10 annual membership fee! Call for information.

Greenhouse: "Green Thumbs" are needed in the greenhouse on Tuesdays and Fridays! Next plant sale will be held September 6.

Happy Hikers: Thursdays. Newcomers are always welcome; call Carrie Roller at 719-1604 if you are interested in participating in a hike or for additional information. Meet at the trailhead at 10:00 am, unless otherwise stated.

- Sept 7 Optional
- Sept 14 Huskey Gap/Sugarland Mountain, 5-mile moderate hike
- Sept 21 Bakers Creek Preserve, 2-6-mile easy to moderate hike
- Sept 28 Twenty Mile Loop, 8-mile moderate to strenuous hike
- Oct 5 Dunlap Coke Ovens, 3-mile moderate hike
- Oct 12 Abrams Falls, a 5-mile moderate hike
- Oct 19 Rich Mountain Loop/Crooked Arm/Indian Grave Gap, a 8-mile moderate hike
- Oct 26 Obed Point Trail, a 5-mile moderate hike

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

Harrah's Trip: Tuesday, September 5, and Tuesday, October 10. Call Frankie at 525-1475 for details. It's a great fun-filled day beginning with a light snack available at 7:30 am and departure promptly at 8:00 am. Cost is \$35/person.

SEPTEMBER 2017 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
				1
CENTER CLOSED 	4 8:00 Harrah's Trip 10:00 iPad/iPhone Basics 10:00 French 11:00 Italian 12:00 Hearing Screening & Hearing Aids Checked 12:30 Android Basics 1:00 SCL 1:30 Tea Dance 2:30 SCL	5 9:00 Piano Lessons 10:00 Greenhouse Plant Sale 10:00 Morning Stretch & Balance 11:00 KAT Training	6 9:00 Knitting & Crocheting 9:00 Piano Lessons 10:00 Happy Hikers and Thursday Walkers 10:00 iPad/iPhone Basics 12:30 Android Basics 1:00 SCL 2:30 SCL	7 8:45 Senior Advanced Cardio 10:00 Brain Games District Competition 9 7:00 pm BIG Orange Dance with David Correll Band
11 9:30 Creative Writers 10:00 Facebook 10:00 Morning Stretch & Balance 10:00 Veteran Q & A 11:30 Creative Endeavors 12:30 Awesome Apps 1:30 Fabric Painting 3:00 Investment News	12 9:45 Senior Fair Day 9:45 Singing Seniors 10:00 French 11:00 Italian 11:00 Painting with Washable Oils 1:00 SCL 2:30 SCL 5:30 Savvy Caregivers	13 9:00 Piano Lessons 10:00 Morning Stretch & Balance 11:00 KAT Training 1:00 Genealogy Class	14 9:00 Knitting & Crocheting 9:00 Piano Lessons 9:00 Toenail Clipping 10:00 Happy Hikers and Thursday Walkers 12:00 Diabetic Sweet Spot 1:00 SCL 2:30 SCL/COA Meeting	15 8:45 Senior Advanced Cardio 11:30 Mayor's Picnic 7:00 VARIETY DJ DANCE
18 9:00 Legal Assistance 10:00 Morning Stretch & Balance 12:00 Lunch & Learn	19 9:45 Singing Seniors 10:00 French 11:00 Italian 1:00 SCL 2:30 SCL 5:30 Savvy Caregivers	20 9:00 Advisory Board 9:00 Piano Lessons 10:00 Morning Stretch & Balance 10:00 Camera Club 11:00 KAT Farmers' Market Trip 12:00 AARP Driver Safety 1:30 AARP Ch. 85	21 9:00 Knitting & Crocheting 9:00 Piano Lessons 10:00 Happy Hikers and Thursday Walkers 12:00 AARP Driver Safety 1:00 SCL 2:00 With Hope in Mind 2:30 SCL	22 8:30 Fall Festival of Healthcare! Flu Shots, Screenings, etc. 8:45 Senior Advanced Cardio 10:30 Brain Games Semi Finals
25 9:30 Creative Writers 10:00 Morning Stretch & Balance 1:00 Market Group Meeting	26 9:45 Singing Seniors 10:00 French 11:00 Italian 11:00 Painting with Washable Oils NEW 5 wk. SERIES 1:00 SCL 2:30 SCL 5:30 Savvy Caregivers	27 9:00 Piano Lessons 10:00 iPad/iPhone Adv. 10:00 Morning Stretch & Balance 11:00 KAT Training 12:30 Android Adv. 1:00 Genealogy Class	28 9:00 Piano Lessons 10:00 Happy Hikers and Thursday Walkers 10:00 iPad/iPhone Adv. 12:30 Android Adv. 1:00 SCL 2:30 SCL	29  O'Connor Open 8:30 Tee Time Golf balls donated by the O'Connor Family. 8:45 Senior Advanced Cardio 11:00 Silver Stage Players

RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45 Advanced Senior Cardio 10:00 Morning Stretch & Balance 10:00 Party Bridge 10:00 Water Aerobics 10:30 Loss & Life Changes Support Group 1:30 Intermediate Line Dance	9:00 Quilting 9:00 Greenhouse 9:00 Tai Chi 9:45 Singing Seniors 10:00 Basic Arthritis Exercise 10:00 French 10:00 Party Bridge 10:00 Tai Chi Set Practice 10:00 Water Aerobics 10:00 Yoga	8:30 Open Painting 8:45 Advanced Senior Cardio 9:00 Cadet Band Practice 10:00 Advanced Painting 10:00 Concert Band Practice 10:00 Party Bridge 10:00 Morning Stretch & Balance 10:00 Water Aerobics 12:00 Brain Games	8:30 Blood Glucose Checks 9:00 Knitting & Crocheting 9:00 Tai Chi 10:00 Basic Arthritis Exercise 10:00 Cards & Games 10:00 Happy Hikers 10:00 Tai Chi Set Practice 10:00 Thursday Walkers 10:00 Water Aerobics 10:00 Yoga	9:00 Greenhouse 9:00 Woodcarving 10:00 Spanish 10:00 Water Aerobics 12:30 Fun Film Friday 1:30 Old Time String Band Billiards Room Open Monday—Friday 8:30 am—4:30 pm

OCTOBER 2017 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
<p>2</p> <p>10:00 iPad/iPhone Basics 10:00 Morning Stretch & Balance 12:30 Android Basics</p>	<p>3</p> <p>10:00 iPad/iPhone Basics 12:30 Android Basics 12:00 Hearing Screening & Hearing Aids Checked 1:00 SCL 1:30 Tea Dance 2:30 SCL 5:30 Savvy Caregivers</p>	<p>4</p> <p>JOB FAIR 9:00 AM - 12:00 PM</p> <p>9:00 Piano Lessons 10:00 Morning Stretch & Balance</p>	<p>5</p> <p>9:00 Piano Lessons 1:00 SCL 2:00 Flower Lovers 2:30 SCL</p>	
<p>9</p> <p>9:30 Creative Writers 10:00 Morning Stretch & Balance 10:00 Veteran Q & A 11:30 Creative Endeavors 12:00 Lunch & Learn 1:30 Fabric Painting</p>	<p>10</p> <p>9:00 Toenail Clipping 10:00 Facebook 12:30 Phone/Tablet Photography 1:00 SCL 2:30 SCL 5:30 Savvy Caregivers</p>	<p>11</p> <p>9:00 Piano Lessons 10:00 Morning Stretch & Balance 1:00 Genealogy Class</p>	<p>12</p> <p>9:00 Piano Lessons 10:00 Happy Hikers & Thursday Walkers 12:00 Diabetic Sweet Spot 1:00 SCL 2:30 SCL/COA Meeting</p>	<p>13</p> <p>10:00 Gift Shop Steering Committee</p>
<p>16</p> <p>10:00 Morning Stretch & Balance</p>	<p>17</p> <p>1:00 SCL 2:30 SCL 5:30 Savvy Caregivers</p>	<p>18</p> <p>9:00 Advisory Board 9:00 Piano Lessons 9:00 Toenail Clipping 10:00 Camera Club 10:00 Morning Stretch & Balance 1:30 AARP Ch. 85</p>	<p>19</p> <p>9:00 Piano Lessons 10:00 Happy Hikers & Thursday Walkers 1:00 SCL 2:00 With Hope in Mind 2:30 SCL</p>	<p>20</p> <p>7:00 PM VARIETY DJ Dance</p> 
<p>23</p> <p>9:30 Creative Writers 10:00 Journey of Loss & Grief 10:00 Morning Stretch & Balance 12:30 Playback Theatre Performance 1:00 Market Group</p>	<p>24</p>	<p>25</p> <p>9:00 Piano Lessons 10:00 Morning Stretch & Balance 1:00 Genealogy</p>	<p>26</p> <p>9:00 Piano Lessons 10:00 Happy Hikers & Thursday Walkers</p>	<p>27</p> <p>10:00 Gift Shop Meeting</p>
<p>30</p> <p>9:30 Creative Writers 10:00 iPad/iPhone Adv. 10:00 Morning Stretch & Balance 12:00 Lunch & Learn 12:30 Android Adv.</p>	<p>31</p> <p>10:00 iPad/iPhone Adv. 11:00 Painting with Washable Oils <i>NEW 5 wk. SERIES</i> 12:30 Android Adv.</p>		<p>Legal Assistance available by appointment. Call 637-0484 for more information.</p>	

RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:45 Adv. Senior Cardio 10:00 Morning Stretch & Balance 10:00 Party Bridge 10:00 Water Aerobics 10:30 Loss & Life Changes Support Group 1:30 Intermediate Line Dance</p> <p>Blood Pressure Checks</p>	<p>9:00 Quilting 9:00 Greenhouse 9:00 Tai Chi 9:45 Singing Seniors</p> <p>10:00 Basic Arthritis Exercise 10:00 French 10:00 Party Bridge 10:00 Tai Chi Set Practice 10:00 Water Aerobics 10:00 Yoga 11:00 Italian 11:00 Adv Arthritis Exercise</p>	<p>8:30 Open Painting 8:45 Adv. Senior Cardio 9:00 Cadet Band Practice</p> <p>10:00 Advanced Painting 10:00 Concert Band Practice 10:00 Morning Stretch & Balance 10:00 Party Bridge 10:00 Water Aerobics 12:00 Brain Games 12:15 Health & Humor 12:30 Beginner Painting</p>	<p>8:30 Blood Glucose Checks 9:00 Knitting & Crocheting 9:00 Tai Chi 10:00 Basic Arthritis Exercise 10:00 Cards & Games 10:00 Happy Hikers 10:00 Tai Chi Set Practice 10:00 Thursday Walkers 10:00 Water Aerobics 10:00 Yoga 11:00 Adv. Arthritis Exercise</p>	<p>9:00 Greenhouse 9:00 Woodcarving 10:00 Spanish 10:00 Water Aerobics 11:00 Silver Stage Players 12:30 Fun Film Friday 1:30 Old Time String Band</p> <p>Billiards Room Open</p>

O'CONNOR, CONTINUED FROM P. 5

Internet Café: Open daily, 8:30 am - 4:30 pm. Drop in and enjoy today's tools of communication—and Cable TV as well! A Kindle, iPad, and laptop can be checked out and "Dr. Ron" will be available for computer "questions and answers" Tuesdays, 10:30 am to 3:30 pm--*Call to schedule an appointment.*

Investment News: Monday, September 11. Join John Smartt, Jr., for *Your Investment Questions Answered.*

Italian: Tuesdays at 11:00 am. Learning a new language is a great brain booster! Newcomers are welcome.

Job Fair: Senior Job Fair is set for Wednesday, October 4, from 9:00 am until 12:00 noon. This event is for senior adults over 50.

Journey of Grief through the Holidays: October 23. Pat Green, Social Worker and Bereavement Coordinator with Tennova Healthcare, will share how to survive the holidays positively when dealing with loss, and how to plan new traditions.

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

Legal Assistance: September 18 & October 2, 16, 30. Call 637-0484 to schedule an appointment for free legal services for seniors.

Loss & Life Changes Support Group: Mondays. Change oftentimes results in grief, for a variety of reasons! Find help in a group setting as Pat Green, Social Worker and Bereavement Coordinator with Tennova Healthcare, listens to concerns and offers encouragement to folks dealing with the many changes that occur in life.

Low Vision Group: Our Low Vision Group is an active part of the Center and new members are always welcome. If you know someone who would like to be involved in Center events, encourage them to call the Center today.

Mammogram Screening: The University of Tennessee Mobile Mammography Unit will be at the Center on Wednesday, September 27, from 9:00 am - 4:00 pm. Call 865-305-9753 for details and to schedule your visit.

Mayor's Picnic: Friday, September 15, 11:30 a.m., John Tarleton Park. **Mayor Tim Burchett** will once again host this fun event for seniors! Limited transportation available; call 523-1135 by September 9 to reserve your seat on the bus which will depart O'Connor at 10:45 am. Picnic ends at 1:00 pm.

Morning Stretch & Balance: Mondays & Wednesdays at 10:00 am. Improve your flexibility, increase your range of motion and develop better balance with the guidance of a Covenant exercise instructor. Cost is \$3.00 per class.

O'Connor Center Band (Cadet for Beginners/ Concert for Advanced): Wednesdays. Band Director Linda Edwards provides encouragement and direction to newcomers and pros alike! No experience

is necessary and newcomers are welcome! Some instruments are available. Gently used instruments can be donated to the Center for a tax deduction!

Old Time String Band: Friday afternoons, 1:30 pm. If you play an acoustic instrument, sing, or just like to listen and dance, we would love to have you at this casual FRIDAY afternoon get-together. All skill levels welcome!

O'Connor Open: Call the Center at 523-1135 for information and to register as an individual or a team. Various levels of sponsorship are available on a first-come, first-serve basis. Cost is \$500/team, \$125/player. This is one of two fundraisers for O'Connor and proceeds enable a variety of activities to be made available to seniors in Knoxville and Knox County!

Painting (Advance & Beginners): Wednesdays, starting September 6; cost is \$40 for a 10-week session. Call for more information. Instructor: Ann Birdwell.

Painting with Washable Oils: Tuesdays. Instructor: Liberty Gialelis. New 5-week sessions begin September 26 & October 31; cost is \$20. Beginners and newcomers welcome. Call for information.

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

Playback Theatre: Join us for this unique experience as we feature the WordPlayers in their improvisational theatre where your stories are brought to life on the spot! Call to reserve your seat today. Donations appreciated.

Quilting: Tuesdays. Learn quilting skills and tips from our experts who will keep you in stitches! Newcomers are needed! If you have tops that need to be quilted, please call for information.

Savvy Caregivers: Tuesdays, starting September 12 and ending October 17. This workshop series, sponsored by Choices in Senior Care, offers solutions to caregivers of family members suffering from dementia. For more information please call 865-978-6168.

Senior Advanced Cardio: Monday, Wednesday, and now on Friday! **Class now meets 3 days/week.** This Covenant-led low impact aerobic class includes an increased level of intensity and a strenuous workout. Cost is \$3. Newcomers welcome.

Seniors for Creative Learning (SCL): A partnership between the O'Connor Center and the UT Department of Professional and Personal Development makes this lecture series possible. The fall program begins with a **reservation-only Kickoff Luncheon** on Thursday, August 31, at 12:30 pm. Tuesday/Thursday 1:00 pm and 2:30 pm sessions will run from September 5 - October 19. Call 865-374-0150 for information and to register.

Singing Seniors: Rehearsals resume on Tuesdays, beginning September 12.

Spanish: Fridays. This basic class for beginning and intermediate students is taught by Bonito Lopez Abarca.

Taoist Tai Chi Classes and Practice: Tuesdays and Thursdays. Originally developed for self defense, Tai Chi helps reduce stress and anxiety and has been described as **meditation in motion!** It promotes serenity through gentle, flowing movements. Newcomers are always welcome.

Tennessee Valley Fair "Senior Day": Tuesday, September 12. Limited transportation will be provided from the O'Connor Center. Call the Center before September 8 to reserve your spot. Transportation to fair will leave O'Connor at 9:45 am and will depart the fair at 1:30 pm. Don't forget to bring money for lunch!

Texas Hold'em: Wednesdays. Enjoy fun with the Flop, the Turn, the River, and even the Fold! Experienced and inexperienced card players are welcomed! Cost is \$2/class.

Veterans Services: September 11 & October 9. The Knox County Veterans Service Office representative will be available to answer questions or provide direction concerning the latest changes.

Water Aerobics: Monday-Friday, 10:00 am. Classes are held at the Cansler Family YMCA. Come to the O'Connor Center to complete paperwork and to sign-in prior to beginning class. Cost is \$2/class.

With Hope in Mind/ National Alliance on Mental Illness (NAMI): Thursday, September 21 and October 19. Support group for families dealing with various mental illnesses. Contact Gerald Segroves at 523-7284.

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.

Yoga: Tuesdays & Thursdays, 10:00 am, and Seated Yoga on Tuesdays & Thursdays at 11:20 am: Classes held at the YMCA. Come to the O'Connor Center to complete paperwork and to sign-in prior to beginning class. Cost is \$3/class.

Dance Classes - Cost is \$2/Class.

Beginner-Beginner Line Dance, Wednesdays.

Specifically for those with no experience.

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

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

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

Dances - Cost varies per dance.

Afternoon Dancing: Every Tuesday. Opportunity to dance and visit with friends. Ballroom instruction available, donation appreciated.

Tea Dance: First Tuesdays, September 5 and October 3; great fellowship! Cost is \$2.00.

3rd Friday Night Dances w/Refreshments:

September 15 and October 20. "ALL TYPE" dance with great music, food, fun, and a special DJ from Pro-Audio Mobile DJs. Cost is \$5!

Saturday Night Ballroom Dances with Refreshments: September 9, Big Orange Dance with David Correll Band; October 14, Halloween Dance featuring Ed Niedens. Cost: \$5/Dance Club Members; \$7/Non Members.

OOA CONTRIBUTORS

CAREER CLOSET

Lillian D. Dirl
Estate of Betsey R. Bush

FEED A PET

Peter & Fawn Landrum
Steve & Linda Oliver
Martha Rosson
In Memory of Lucille Millspaugh
Anonymous

LIVE

Rose Fowler

O'CONNOR CENTER

In Memory of Brenda Craidon
Singing Seniors

In Memory of Jack Gaston
Jeff & Martha Harris
In Memory of Howard Sain
A.C. & Peggy Heitzman
In Memory of Howard Sain
Sarah Mason
Silver Stage Players
Creative Endeavors
Farragut Lions Club
Jim & Frankie Hicks
O'Connor Dance Club

PAWS

Carla Babyak
Jodonna Berquist
Carl Brown

Diamond Hill Plywood
Kelci Frederick
Laurie Macnair
Robert E. Michel
Betty Needham
Tony Poteet
Sisco
Stanley's Greenhouse
The Akima Club
The Trust Company
The Y'uns Jugband

SNP/POWER OF THE PURSE

Mayor Madeline Rogero

JUNE 2017 & JULY 2017 DONATIONS

- Anonymous (26)
- Diana Amann
- Glen Anderson
- Bob Andres
- Ken and Kaye Brock
- Colonial Heights United Methodist Church, J. Ray Stuart Sunday School Class
- James & Brooksie Cox
- Yvette Davis
- Jerry & Cindy Eisele
- Patricia Ferrell
- Mary Forrester
- Lois Prady, Joy SS Class
- Catherine Gettys
- Ann Goodman
- Donald Gorman
- GSCSA, Troup #20227
- Dawna Gray
- Ethel Ismail
- Jo Learn
- Pam Lovell
- Debbie Lowe
- Erin Mannes Schmidt
- David McCormick
- Jill McNutt
- Oakwood Baptist Church, Homemakers' Sunday School Class
- John & Marjorie Reynolds
- Kevin Riley
- John & Beth Smith
- Smithwood Baptist Church, Joy Class
- Nancy Walker
- Hanno & Carol Weitering
- David & Carolyn Wells
- Mary Wichelt
- Elizabeth Wieselquist
- Fred Zuhlke
- **REGULAR IN MEMORY OR HONOR**
- *In Memory of Tom Amos*
- First Community Bank
- *In Memory of Daw Thet Mon Aung*
- Anonymous
- *In Memory of R.D. Baldwin*
- Kathy Jessing Boyd
- *In Memory of R.D. Baldwin*
- D.Wayne & Wandell Custred
- *In Honor of Margaret Blombach*
- Anonymous
- *In Honor of Margaret Blombach's 90th Birthday*
- Dr. & Mrs. A.D. Beasley
- *In Honor of Margaret Blombach's 90th Birthday*
- Kyle & Sandra Turner
- *In Honor of Margaret Blombach's 90th Birthday*
- Anonymous
- *In Memory of Mrs. Norma P. Bounds*
- Anonymous

- *In Memory of Leila Brown*
- Norma Velasco
- *In Honor of Family*
- Norma Peterson
- *In Memory of Willie Gardner*
- Joseph Gardner
- *In Honor of Harris Wilbanks High School*
- Richard & Sharon Berube
- *In Memory of Jim Harter*
- Jerry & Mary Bailley
- *In Memory of Mary Ellen Keith*
- Anonymous
- *In Memory of Joseph Andrew McCall*
- David & Susan Long
- *In Memory of Joyce Metler*
- Norma McGee Ogle
- *In Memory of Margaret Nicely*
- Laura Brake
- *In Memory of Clifford Parli*
- Lela Ballard
- *In Memory of Dorothy Pipkin*
- Tom Pipkin
- *In Honor of Kenneth Roberts*
- Laurie Gibson
- *In Memory Ray Rutherford*
- Barbara Rutherford
- *In Memory of Howard B. Sain*
- Sarah Chernetz
- *In Memory of Fred Grant Snoderly*
- Middlebrook Pike United Methodist Church, NOW Circle
- *In Honor of Donald J. Sparks, Sr.*
- Luanda Reese
- *In Honor of Valerie Privett & Heather Stewart*
- Anonymous
- *In Honor of Valerie Privett & Heather Stewart*
- Anonymous
- *In Honor Peggy Tillery's 90th birthday*
- Anonymous
- *In Memory Frieda Mae Wright*
- Tanya Coker
- *In Memory Frieda Mae Wright*
- Richard & Kimberly Parker
- *In Memory Frieda Mae Wright*
- Anonymous
- *In Memory Frieda Mae Wright*
- Anonymous
- **ADOPT-A-SENIOR SPONSORS**
- Anonymous (7)
- Mrs. Glenn Abbott
- Barbara Abner
- Beaver Creek Cumberland Presbyterian Church, Searchers Sunday School Class
- Mikeal Berry
- John & Debbie Black
- Dorothy Brice

- Alan & Dianna Brizzolara
- Joyce Brown
- Crossroads Firearms
- Robert & Honerlin Del Moro
- Bryan & Susan Eaves
- Charitable Fund
- Farragut Presbyterian Church
- Michael Galkoski
- Ruben & Arlene Hernandez
- David & Janice Ishee
- Lacy Jones
- Gloria Ann Lunsford
- Sandra McRae
- Mt. Olive Baptist Church, Faith Sunday School Class
- Marie Norman
- Oak Ridge National Laboratory, Protocol & Community Relations
- Helen Roehl O'Connor
- Retired Members Chapter, C.W.A. Local 3805
- Michael Taylor
- **AAS IN MEMORY OR HONOR**
- *In Memory of Daw Thet Mon Aung*
- Elliott Bynum
- *In Memory of Dr. James C. Benton, III*
- Jan Benton
- *In Honor of Margaret Blombach*
- Inga Himelright
- *In Honor of Margaret Blombach's 90th birthday*
- Allan & Donna Ellstrom
- *In Memory of Emma Griffin*
- Laurie Griffin
- *In Honor of Janie & Ken Hall*
- Sam & Mary Beall, Jr.
- *In Memory of Ed & Frances Karkut*
- Cynthia Karkut
- *In Memory of Tom Prough*
- Anonymous
- *In Memory of Patricia Smoot*
- Loretta Harber
- *In Memory of Andrew Paul Sorrells*
- Curtis Sorrells
- *In Memory of Andrew Paul Sorrells, II*
- Edwina Sorrells
- **ONE SENIOR FOR ONE YEAR**
- Anonymous (1)
- Pamela Fansler
- Jim & Kathy Killingsworth
- Knoxville TVA Employees Credit Union
- Rotary Club of Bearden
- **TWO SENIORS FOR ONE YEAR**
- Ronald Wyrick

O'CONNOR, CONTINUED FROM PG. 8

Health and Humor: Stress relief from laughter? It's no joke! Laughter will always be the best medicine! Enjoy fellowship with Nurse Claudia and others who enjoy laughing AND learning! Wednesdays at 12:15 pm, September 6, 13, 20, 27 & October 4, 11, 18, 25
Hearing Aids Cleaned and Checked, and Hearing Tested by a Beltone Representative: September 5 and October 2.

Lunch & Learn: PLEASE NOTE: Complimentary lunch will be provided for those who make a reservation by Thursday of the previous week.

September 18: UT Medical Lifestar - Join Rick Harrington, UT LIFESTAR Flight Coordinator, as he shares the founding and progressive history of LIFESTAR, and the critical impact the program has had in the community.

October 9: Partner with Your Doctor - Scot Helms from Humana will be here to discuss how to talk to and work with your doctor and how to work with your

doctor to meet your medical needs and stay healthy. Reservation required.
October 30: Benefits of Essential Oils - Linda Battani, from Wellness Directions, will discuss the use of essential oils in the management of sleep and pain. Reservation required.

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

September 14: "Managing the Highs & Lows" **October 12:** "Exercising the Sweet Spot Way"

Toenail Clipping by Appointment

Only: Cost is \$12; please call 523-1135 to schedule an appointment!

September 14: Thursday Appointments with Kelli.

October 10: Tuesday Appointments with Dr. Akerman.

October 18: Thursday Appointments with Kelli.

O'CONNOR COMPUTER CLASSES: PLEASE PRE-REGISTER AND PRE-PAY
Computers, as well as some iPads, tablets, etc., are available; please indicate need when registering.

- iPad/iPhone Basics Class: \$25 for the 2-day class**
Tues/Thurs, Sept 5 & 7, 10:00 am to 12:00 noon
Mon/Tues, Oct 2 & 3, 10:00 am to 12:00 noon
- iPad/iPhone Adv. Class: \$25 for the 2-day class**
Wed/Thurs, Sept 27 & 28, 10:00 am to 12:00 noon
Mon/Tues, Oct 30 & 31, 10:00 am to 12:00 noon
- Android/Galaxy Basics Class: \$25 for the 2-day class**

- Tues/Thurs, Sept 5 & 7, 12:30 pm to 2:30 pm
- Mon/Tues, Oct 2 & 3, 12:30 pm to 2:30 pm
- Android/Galaxy Adv. Class: \$25 for the 2-day class**
Wed/Thurs, Sept 27 & 28, 12:30 pm to 2:30 pm
- Mon/Tues, Oct 30 & 31, 12:30 pm to 2:30 pm
- Awesome Apps: \$15 for the 1-day class**
Mon, Sept 11, 12:30 pm to 2:30 pm
- Facebook: \$15 for the 1-day class**

- Mon, Sept 11, 10:00 am to 12:00 noon
- Tues, Oct 10, 10:00 am to 12:00 noon
- Smartphone/Tablet Camera: \$15 for the 1-day class**
Tues, Oct 10, 12:30 pm to 2:30 pm
- CALL 523-1135 FOR INFORMATION AND TO REGISTER FOR CLASSES. PRE-PAYMENT REQUIRED.**
Classes are taught by Social Media 4 Seniors Staff.

TENNCARE RENEWALS

TennCare manages the Medicare Savings Program (MSP) which pays the Medicare Part B premium for eligible Medicare beneficiaries. Renewal packets were mailed out to beneficiaries beginning in December of 2016. The packet consists of a 13-page renewal application, a 4-page addendum to update income and resources, another addendum for Alaska/Native American applicants, and several pages of instructions. A Spanish version of all of the above is also included in each packet.

The State has not required redetermination for several years. When unannounced renewal packets were sent to TennCare/MSP beneficiaries, there was widespread failure to send the applications back in. Many beneficiaries have received a letter from Social Security, or a reduced Social Security payment, as the first sign that their income was changing.

If you have received a letter or a reduced Social Security payment due to loss of MSP, you can call Tennessee Health Connection 1-855-259-0701. This free call can be made between 8 am and 8 pm Monday-Saturday. Calling outside normal office hours will reduce your wait time on the phone. There is also a Redetermination Line 1-844-337-3348 that operates 9 am to 5 pm, Monday-Friday.

The Affordable Medicine Options for Seniors (AMOS) program at the Office on Aging has forms and phone numbers to help with this process. You can also make an appointment to discuss your situation with someone who can help. Call Peggy Ransom with AMOS at (865) 524-2786. ■

SAVVY CAREGIVERS CLASS SERIES BEGINS SEPTEMBER 12

OFFERING SOLUTIONS TO FAMILY DEMENTIA CAREGIVERS

September 12 - October 17

Tuesdays, 5:30 - 7:30 pm

O'Connor Senior Center, 611 Winona St.

This evidence-based, six-class workshop is designed to:

- Improve your caregiving abilities by equipping you with information, tools, and confidence to better care for your family member/friend **and** yourself

- Increase your ability to adapt to change and locate resources

- Improve the quality of life for you and the individual for whom care is provided

Limited space is available and a light supper is provided. While the class is in session, concurrent care is also provided for the individual for whom you provide care.

The deadline for registration is September 5. Please call 523-1135 for more information and to register. ■

RSVP RECEIVES EXPANSION GRANT

The CAC Office on Aging announced this month that they received a Senior Corps RSVP grant



from the Corporation for National and Community Service (CNCS) to support 75 RSVP volunteers serving in Blount County, TN. The grant will help expand volunteer support to the award-winning SMiles senior transportation program in Blount County.

Volunteers can sign up by calling the SMiles program at (865) 724-1331. If you are age 55+, you can qualify for mileage reimbursement, volunteer recognition, and fulfillment of knowing you've helped someone. ■



••••• TO KEEP YOU INFORMED •••••

AMOS HELPS WITH MEDICARE OPTIONS

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



Changes in your medications or health-care providers may lead you to change your insurance plan. Or changes in the provisions of your current plan may lead you to change to a plan that works with your medications and providers. Call the Office on Aging at 524-2786 for help from AMOS advisors. ■



RSVP: JOIN THE MOVEMENT. VOLUNTEER!

With over 200,000 RSVP volunteers serving nationwide, RSVP is the largest volunteer program in the United States for person age 55+. Here in Knox County, over 300 RSVP volunteers assist 20+ organizations: delivering meals, transporting seniors, visiting homebound seniors, aiding local senior/community centers, making quilts, connecting folks with much needed resources, and much more. As part of the Volunteer State, Knox County RSVP is proud to make a difference in our community! Join the movement, volunteer today!

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

Metric	Value
# OF VOLUNTEERS	316
# COMMUNITY PARTNERS	25
# OF MEALS SERVED	257,320
# OF RIDES GIVEN	7,000
# VOLUNTEER HOURS	40,000

WWW.KNOXSENIORS.ORG/RSVP



VOLUNTEER WITH US!

For more than 50 years, volunteers have been a vital part of The University of Tennessee Medical Center. In 2016, more than 250 people volunteered across 65 departments providing administrative support and visitor/patient assistance throughout the hospital logging more than 37,800 hours of service, compassion and care.



- Volunteer Benefits**
- Free parking and meal
 - 20% discount in our Gift Shop
 - Appreciation gifts and luncheons
 - Free mammogram or prostate screening after one year of services

Why do our volunteers keep coming back? Because they are passionate about making a difference at the medical center and in their community.

Please visit UTMedicalCenter.org/volunteer or contact us at 865-305-9515 or utmcvolunteer@utmck.edu to learn more.

ELDER NEWS & VIEWS

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

OFFICE ON AGING DIRECTOR
Susan Long

EDITOR
Rachel Kraft

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

OFFICE ON AGING

KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

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

ELDER NEWS & VIEWS

IS THE NEWSLETTER OF
THE KNOXVILLE-KNOX COUNTY OFFICE ON AGING

OFFICE ON AGING: (865) 524-2786

O'CONNOR SENIOR CENTER: (865) 523-1135

IN THIS ISSUE

AGING: A FAMILY AFFAIR, PAGE 1

POWER OF THE PURSE, PAGE 2

SENIOR JOB FAIR, PAGE 3

O'CONNOR CENTER CALENDARS, PAGES 5-8

RSVP RECEIVES EXPANSION GRANT, PAGE 10

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

SEPTEMBER/OCTOBER

ELDER NEWS & VIEWS

PAGE 12

THINK *F.A.S.T* ABOUT STROKES

A stroke can happen in a moment. Do you know the signs and symptoms and can you think F.A.S.T.?

At the September 14 meeting, our speaker will be Dr. Jose A. Cardenas. Dr. Cardenas is a Vascular Neurologist specializing in the diagnosis and treatment of a broad range of neurological conditions including stroke, migraines, epilepsy, multiple sclerosis and Parkinson's disease. He serves as the Medical Director for Stroke at the North Knoxville Medical Center and Turkey Creek Medical Center. Dr. Cardenas is board certified in General Adult Neurology, Vascular Neurology and Headache Medicine.

Join the Council on Aging and Seniors for Creative Learning to learn the newest information regarding strokes and stroke recovery. This event is free of charge and everyone is invited.

Refreshments provided by Blue Cross Blue Shield Tennessee. ■



SEPTEMBER MEETING

Date: Thursday, Sept 14

Time: 2:30 p.m.

Place: O'Connor Center
611 Winona St.

OCTOBER COUNCIL ON AGING MEETING: *THAT'S WHAT FRIENDS ARE FOR*

Knoxville-based senior theatre troupe, The Silver Stage Players, announce a special viewing of "That's What Friends Are For: The Movie," a short film adaptation of their play on elder abuse to be held at the October Council on Aging meeting.

The Silver Stage Players, an education/outreach partnership between Tennessee Stage Company and the O'Connor Center, were formed to provide training and performance opportunities tailored specifically to seniors artists. They are Tennessee's only nationally-recognized theatre group for senior actors. Members of the Silver Stage write, produce, and perform their own plays, tackling difficult senior issues with compassion and humor. ■



OCTOBER MEETING

Date: Thursday, Oct 12

Time: 2:30 p.m.

Place: O'Connor Center
611 Winona St.