

FREE MEDICARE OPEN ENROLLMENT ASSISTANCE

Need help navigating the maze of Medicare plans and options? Free help is here!

Medicare Open Enrollment Period is from October 15—December 7. The Affordable Medicine Options for Seniors (AMOS) team will be assisting with Annual Enrollment for Medicare Advantage and Prescription Plans. They can help Medicare beneficiaries choose the best insurance plan for each person, and then help them apply for the plan of their choice.

O'Connor Senior Center
Thursdays, 9 am—Noon
November 14, November 21, December 5

*No appointment needed!
First come, first served.
Sign in at the front desk
and wait outside the
Internet Café.*

Karns Senior Center
Wednesday, November 6
*Call 865-546-6262 to
schedule appointment.*

Strang Senior Center
Friday, November 8
*Call 865-546-6262 to
schedule appointment.*

Halls Senior Center
Wednesday, November 13
*Call 865-546-6262 to
schedule appointment.*

South Senior Center
Thursday, November 14
*Call 865-546-6262 to
schedule appointment.*

Please bring:

- Medicare card
- Social Security number
- Letter about Extra Help or the Medicare Saving program (if you received one)
- List of current prescription medications—Ask your pharmacy to print a list of the last three months of prescriptions that includes drug names, dosages, amount purchased, and prices.



For more information, contact the AMOS program at 865-524-2786.

AGING: A FAMILY AFFAIR

Register now for the Office on Aging's 35th Annual Aging: A Family Affair to be held on Thursday, November 7, at Rothchild Conference Center. This daylong

Thursday, November 7
8 a.m. - 3:45 p.m.
Rothchild Conference Center
8807 Kingston Pike
Knoxville, TN 37923

series of workshops will provide practical information related to aging. AFA is geared towards seniors, caregivers, family members, and professionals. Exhibitors providing programs and services for seniors will be on hand, so be sure to stop by their booths and learn about what they have to offer. There will be free health screenings throughout the day in the Sunset Room. A continental breakfast, lunch, and workshop materials are included with the

cost of registration.

To register, call the Office on Aging at (865) 524-2786 or register online at knoxseniors.org.

Special thanks to our sponsors, whose support helps keep the registration cost low:

The University of Tennessee Medical Center, The Pat Summitt Foundation, Cigna, and the Knoxville News Sentinel. ■

BRIGHTEN THE HOLIDAYS FOR HOMEBOUND SENIORS

Each year, the local community provides gifts and serves hot meals during the holidays for seniors served by Mobile Meals. Often, these gifts are the only ones these seniors will get, and though the items themselves are not of great value, they are priceless to those who receive them. Mobile Meals is again partnering with Grayson Subaru to fight senior isolation and hunger. This local effort is part of the national **Share the Love event**, with funds designated for Meals On Wheels Association members. You can also click on the Mobile Meals gift icon at www.knoxseniors.org for details or visit our Facebook page at [facebook.com/mobile](https://www.facebook.com/mobile).

Considering buying a Subaru? While you are dropping off your holiday gifts at Grayson Subaru you can also help provide meals to homebound seniors in Knox County during the Share the Love event, November 14-January 2. For every new car sold or leased during the event, you can choose Meals on Wheels of America to receive a \$250 donation from Subaru on your behalf. Those funds in turn will be distributed to Mobile Meals (the Meals on Wheels Association member for Knox County).



HOW CAN YOU HELP?

CAC Mobile Meals serves nutritious noontime meals every Monday – Friday to about 950 seniors in Knox County who are unable to cook for themselves. Volunteers also deliver on Christmas day each year.

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

Bring gifts:

in medium-sized gift bags (preferred), approx. bag size 13" x 11" or unwrapped

Mark gift bags:

Male, Female, or Either

Do not include:

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

Gift drop-off dates for 2019:

Monday, December 2 through Saturday December 14

Gift drop-off locations and times:

CAC/LT Ross Building, 2247 Western Avenue
Monday through Friday 9 am- 4pm
Grayson Subaru, 8729 Kingston Pike
Monday through Friday 9 am-7 pm and Saturday 9 am-5 pm

SUGGESTED GIFT SELECTIONS

Please include 1-3 items from each

category in gift bag
Please separate gifts by male, female, or unisex.

“Utility”

Magnifying glass
Large pens
Stationery/ envelopes / stamps
Small notepads

LARGE PRINT:

Crossword books, Word Search, Magazines, Books
Clocks (large numbers)
Watches (large numbers)
Flashlight
Batteries
Night light
Pill boxes

“Personal Care”

Lip balm
Bars of Soap

SMALL SIZE

(mini or no more than 8 oz.):
Lotions
Body Wash
Shampoo / Conditioner
Powder
Hand sanitizer
Shave gel

“Grooming”

Combs
Hairbrushes
Toothbrushes
Toothpaste
Nail clippers/files
Tissues

“Home & Kitchen”

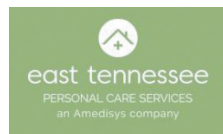
Hand towels
Washcloths
Dishtowels
Dish liquid

Sponges
Plug-in air freshener
Refrigerator magnets
EZ open jar opener
Can opener – soft grip
Jar gripper pads
“Comfort”
Throws (lap robes)
Socks (non-skid soles)
Scarves
Gloves
Hats
Small umbrellas

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

THANK YOU, POWER OF THE PURSE SPONSORS

PRESENTING



CHANEL LEVEL



PRADA LEVEL

NHC Farragut

Senator Becky Duncan Massey

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Mobile Meals is proud to present the Penny Bandy Volunteer Appreciation Award to Julie Uden for her hard work and dedication to the Power of the Purse fundraising event and for her continuous support of the mission of Mobile Meals.

This award was made possible as part of a generous donation made in Penny's honor from East Tennessee Personal Care Service, an Amedysis Company. ■

GRANDPARENTS AS PARENTS

Grandparents as Parents (GAP) program is for grandparents and other relatives raising children whose parents are unable to care for them. Raising a grandchild or family member is not only an emotional, legal, and financial challenge—it can change a lifestyle, future dreams, and relationships. GAP offers several different meeting to help grandfamilies address challenges on their caregiving journey.

GRANDFAMILIES TOGETHER MEETINGS

Virtue Church

725 Virtue Road

Childcare provided with a reservation.

November 14, 2019 | 10:00- Noon

Program: "A Balancing Act: Your Grandchildren and Your Financial Security"

December 12, 2019 | 10:00-noon

Program: Lead Poisoning: Know the Facts

LT Ross Building

2247 Western Avenue

November 19, 2019 | 10:00-Noon

Program: Preparing Your Taxes

December 10, 2019 | 10:00- noon

Program: Vaping Dangers

Light refreshments. RSVP appreciated.

Call 865-524-2786.

GRAND VISIONS DISCUSSION GROUP

Are you raising a grandchild or a family member's child? Join us at this weekly drop-in group for relative caregivers to talk about their caregiving journeys.

Discussion leaders will listen to concerns and offer encouragement. Light refreshments will be available or you can bring your lunch. RSVP appreciated but not required. You may attend one time or every week. Grand Visions will resume after the holidays.

Thursdays, November 7, 14, 21 | LT Ross Building | 2247 Western Avenue

For more information, call 865-524-2786.

PENNY BANDY: A LEGACY OF LOVE

Penny was a dear friend of the Office on Aging. She was a fierce advocate for the needs of seniors in our community. In her honor, friends organized a Legacy of Love fundraiser to benefit Mobile Meals. Special thanks to Sandy Bell, Remona Jessee, Diane Williams, and Karen Russell for their efforts to make the event a success that would have made Penny proud. ■



THE JOHN T. O'CONNOR SENIOR CENTER SALUTES THE 2019 O'CONNOR CENTER OPEN SPONSORS

On behalf of the O'Connor Center participants, the advisory board, and staff, sincere appreciation is expressed to the sponsors and participants of the 15th annual O'Connor Center Open.

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Walgreens

JOHN J. DUNCAN AWARD FOR SENIOR ADVOCACY SEEKS NOMINATIONS

The annual Senior Information & Referral (SIR) fundraiser, the "Duncan Awards" is an event held each spring to honor individuals who embody the legacy of the late U. S. Representative John J. Duncan, Sr., who was an advocate for seniors of the Second District. SIR is seeking two nominees who exhibit outstanding advocacy for seniors and senior issues in Knox County.

The two categories for nominations are as follows:

Professional: Eligible individuals are

those who work with seniors in Knox County, and demonstrate a strong commitment for addressing the needs of this population. Individuals who go above and beyond the duties of their positions to advocate for the seniors they serve.

Volunteer: Eligible individuals are those who serve in Knox County and display a passion for serving the needs of the seniors in this community. Individuals who give of their time and talents to assist, advocate for seniors and address senior issues. Nominations for the "Duncan Award," will be

accepted through Friday, January 10, 2020.

If you would like to nominate a person you feel embodies the spirit of this award please send their name, their contact information, a brief biography and explanation of why you feel they should receive the award to: Duncan Award Nominee: SIR PO Box 51651 Knoxville TN 37950-1650 or email scirs@oconnorcenter.org. The 19th Annual John J. Duncan, Sr., Senior Advocacy Award Reception will be held in May 2020. Date and location to be determined. ■



O'CONNOR CENTER SCHEDULE - NOVEMBER/DECEMBER

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, November 11 for Veterans Day

Thursday & Friday, November 28 & 29 for Thanksgiving

Tuesday & Wednesday, December 24 & 25 for Christmas

Wednesday, January 1 for New Years

November/December Programs at the O'Connor Center include special holiday events and celebrations that will evoke good memories and provide opportunities to make new ones!

NOVEMBER/DECEMBER PROGRAMS

AARP Driver Safety Program: The Smart Driver Course will be offered Monday & Tuesday, Dec 2 & 3. Call Gregg Sharpe at 865-256-9014 for info and to register for this two-day refresher course.

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

Camera Club: Classes on Wednesday, Nov 20 and Dec 18. Whether you are an aspiring photographer, a professional, hobbyist, or just someone who likes to take pictures of special moments, this club is for you. Everyone is welcome.

Chess Club: For beginners and experienced players alike! Enjoy this classic game with instruction available. Call to pre-register and reserve your seat.

Coffee & Conversation: Rise Above Crime will lead an educational discussion about identifying elder abuse and action steps to take for those affected.

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

Creative Endeavors: Group membership is available for those who are looking for ways to express their creativity.

Membership is free and newcomers are always welcome.

Dance Classes - Cost is \$2/Class.

Afternoon Dancing: Tuesdays. Opportunity to dance and visit with friends. \$2 donation appreciated.

Beginner-Beginner Line Dance, Wednesdays. Specifically for those with no experience.

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

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

Dances - Cost varies per dance.

Tea Dance: First Tuesdays, Nov 5 and Dec 3--great fellowship! Cost is \$2; light refreshments.

Friday Night Dances: Nov 15 and Dec 20. "ALL TYPE" dance with great music, light refreshments, fun, and a special DJ from Pro-Audio Mobile DJs. Cost is \$5.

Saturday Night Ballroom Dances with Refreshments: Nov 9 and Dec 14. Cost: \$6/Dance Club Members; \$8/Non Members.

Deck the Halls & Walls: Lots of volunteers are needed to help decorate the trees, hang wreaths, and supervise! It's a fun way to get into the spirit with friends, holiday music, and snacks. Please sign up in advance!

Dine for DLC Spaghetti Dinner Fundraiser: Spaghetti Dinner Fundraiser for the Daily Living Center on Sat., Dec. 28. The DLC, a component of the O'Connor Center, is a licensed adult day services center with the mission of providing community-based services to Knox County residents age 60 or older who are in need of a structured program that will develop or improve daily living skills, foster independence through social interaction, and allow the individual to remain in the community rather than be institutionalized. Tickets can be purchased at O'Connor for \$10 prior to the event and \$15 at the door.

Flower Lovers Garden Club: Meets Thursdays, Nov 14 and Dec 12. For individuals who love horticulture and are interested in learning more. This group is always open to newcomers. You don't have to have a "green thumb" to attend.

Fun Film Fridays: Enjoy a weekly movie and popcorn; donations appreciated. Call for movie title or see listing in the Knoxville News Sentinel on the 1st and 3rd Sunday of the month.

French: Tuesdays. Enjoy expanding your French vocabulary! Oui? Peut-être? Call the Center for additional information.

Genealogy: Maybe you know about your family's history or you only have a little information to start or none at all. This class will put you on a path to discover and chart your genealogy. You will learn how to utilize free databases and other sources such as state historical archives to assemble key information on the generations of your family tree. Suggested donation of \$2 per class.

Gift Shop: Wonderful and unique gifts are available Monday-Friday from 10 am-2 pm. Call for membership info.

Happy Hikers: Thursdays. Newcomers are always welcome; please email Carrie Roller at crhands1@gmail.com or call the Center for additional information if you are interested in participating in a hike.

Nov. 7 Overnight Trail (Cumberland Mt. SP)
8+-mile moderate to strenuous

Nov. 14 Frozen Head Cumberland Trail Loop
7.7-mile moderate

Nov. 21 Gabes Mt. Trail to Hen Wallow Falls
4.4-mile moderate

Dec. 5 Cooper/Andrews/Sink Hole Trails at Norris
5-6-mile moderate

Dec. 13 Christmas Party at O'Connor

Dec. 19 John Litton Farm at Big South Fork
6.5-mile moderate

Harrah's Trip: Tuesday, Nov. 12. Call for December date. Cost is \$35/person and each participant must have a valid

email address. Each guest will receive a \$25 play voucher and player's card. Call Frankie Hicks at 865-525-1475.

Holiday Lunch, 12:00 pm, Monday, December 16— Reservations and \$5 required ticket purchase by December 9! Enjoy Famous Dave's special Christmas meal with all the trimmings with holiday music provided by the O'Connor Band directed by Linda Edwards. Seating is limited; please make your reservation early to ensure a seat!

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

Journey of Grief Through the Holidays: Pat Green, Social Worker and Bereavement Counselor with UT Home Hospice, will share how to make it through the holidays positively when dealing with loss, and how to plan new traditions.

Knitting & Crocheting: Thursdays. Instruction available by Linda Costner. Newcomers always welcome.

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

Mahjong for Beginners: Mahjong is a card game that originated in China. Seating is limited so call to reserve your seat today!

Market Sale: Shop for unique gifts for the holidays, home baked goods, and jams & jellies. This event is open to the public. Come early for best selections!

Medicare Open Enrollment Q & A: AMOS will be helping with Annual Enrollment for Medicare Advantage and Prescription Plans at O'Connor Senior Center 9 am -12 noon on the following Thursdays: November 14, November 21, and December 5. Bring your current insurance cards (including the red, white, and blue Medicare card) and a complete list of Rx medicines with you.

O'Connor Center Band (Cadet for Beginners/Concert for Advanced): Wednesdays. Gently used instrument donations are always needed. If interested, please call 523-1135 to set a time to meet prior to class time.

Old Time String Band: A weekly Friday afternoon get-together for music lovers of all kinds. Anyone who plays an acoustic string instrument, sings, or just likes to listen and dance will enjoy this fellowship. Everyone welcome, regardless of skill level. Join us for a holiday music sing-a-long on Friday, December 20. Refreshments provided and all ages are welcome.

Painting with Washable Oils: Tuesdays. Instructor: Liberty Gialelis. Cost is \$20 for 5-week session; New classes begin December 1. Call 523-1135 for information on supplies needed and to sign up.

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

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

O'CONNOR, CONTINUED ON P. 8

NOVEMBER 2019 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
				1
4 9:00 Legal Aid 10:00 Journey of Grief Through the Holidays 12:00 Lunch & Learn	5 ELECTION DAY 12:00 Hearing Aid Checks & Adjustments And Hearing Screenings 1:30 Tea Dance	6  9:00 Annual Market Sale 9:00 Toenail Clipping Clinic 1:00 Genealogy	7 10:00 Facebook 101 12:30 Android Basics 1:00 Coffee & Conversation	8 1:00 Veterans Day Celebration Sponsored by Smoky Mountain Hospice 9 7:00 Veterans Day Dance with the Russell Ramsay Band
11 CENTER CLOSED 	12 8:00 Harrah's Trip 9:00 Happy Hikers Planning Meeting	13 1:00 Tellabration presented by the Smoky Mountain Storytellers Association	14 9:00 Medicare Open Enrollment Assistance 12:00 Sweet Spot 2:00 Flower Lovers	15 7:00 PM Variety DJ Dance 
18 9:00 Legal Aid 10:00 Veterans Q & A 12:00 Lunch & Learn	19	20 9:00 Toenail Clipping Clinic 1:00 Genealogy	21 9:00 Medicare Open Enrollment Assistance 12:00 Thanksgiving Luncheon 1:00 Coffee & Conversation	22 12:30 Smartphone/Tablet Camera Class
25 9:30 Creative Writers	26	27	28 CENTER CLOSED 	29 CENTER CLOSED 

RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45 Advanced Senior Cardio 10:00 Party Bridge, SAIL Exercise, Water Aerobics 10:30 Loss & Life Changes Support Group 11:00 Silver Sneakers Hula Hoop Fitness 1:00 Your Life Story 1:30 Intermediate Line Dance Blood Pressure Checks Monday—Friday 10:30 am-11:30 am	9:00 Quilting, Softball, Beginning Tai Chi 9:45 Singing Seniors 10:00 Basic Arthritis Exercise French, Party Bridge, Tai Chi Set Practice Water Aerobics, Yoga 11:00 Adv Arthritis Exercise, Italian 11:20 Seated Yoga 11:30 Washable Oils Painting 1:00 Table Games 1:30 Afternoon Dancing	8:45 Advanced Senior Cardio 9:00 Cadet Band Practice 10:00 Advanced Painting, Concert Band Practice, Party Bridge, SAIL Exercise, Water Aerobics 12:15 Health & Humor 12:30 Beginner Painting, Texas Hold'Em 1:30 Beg. Beg. Line Dance, Bingo 2:00 Beginner Line Dance	8:30 Blood Glucose Checks 9:00 Knitting & Crocheting, Softball, Beginning Tai Chi 10:00 Basic Arthritis Exercise Happy Hikers, Tai Chi Continuing, Tai Chi Set Practice, Thursday Walkers, Water Aerobics, Yoga 11:00 Adv Arthritis Exercise 11:20 Seated Yoga 1:00 Table Games	9:00 Woodcarving, 9:30 SAIL Exercise 10:00 Water Aerobics 11:00 Advanced Spanish 11:00 Silver Stage Players 12:00 Beginner Spanish 12:30 Fun Film Friday 1:30 Old Time String Band Billiards Room Open Monday—Friday 8:30 am-4:30 pm

DECEMBER 2019 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
2 9:00 Legal Aid 9:00 Deck the Halls 11:00 Creative Endeavors 12:00 AARP Driver Safety Training 12:00 Lunch & Learn	3 12:00 AARP Driver Safety Training 1:30 Tea Dance	4 9:00 Toenail Clipping Clinic 10:00 iPhone/iPad Basics 12:30 Awesome Apps 1:00 Genealogy	5 9:00 Medicare Open Enrollment Assistance 10:00 iPhone/iPad Basics 1:00 Coffee & Conversation	6
9 9:30 Creative Writers	10 8:00 Harrah's Casino Bus Trip	11	12 12:00 Sweet Spot 2:00 Flower Lovers 2:30 Council on Aging with special performance by The Silver Stage Players	13 14 Holiday Dance with the Mood Swing Band
16 9:00 Legal Aid 12:00 O'Connor Holiday Luncheon with the Amazing O'Connor Band	17	18 9:00 Toenail Clipping Clinic 10:00 Singing Seniors Holiday Concert 1:00 Genealogy	19 1:00 Coffee & Conversation	20 1:30 Old Time String Band Holiday Jubilee 7:00 Variety DJ Dance
23 9:30 Creative Writers	24 CENTER CLOSED 	25 CENTER CLOSED <i>Happy Holidays</i>	26	27 28 6:30 Dine for DLC Spaghetti Dinner Fundraiser 
30 9:00 Legal Aid	31	1 CENTER CLOSED <i>Happy's New Year's</i>		

RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45 Advanced Senior Cardio 10:00 Party Bridge, SAIL Exercise, Water Aerobics 10:30 Loss & Life Changes Support Group 11:00 Silver Sneakers Hula Hoop Fitness 1:30 Intermediate Line Dance Blood Pressure Checks Monday—Friday 10:30 am-11:30 am	9:00 Quilting, Softball, Tai Chi 9:45 Singing Seniors 10:00 Basic Arthritis Exercise French, Party Bridge, Tai Chi Set Practice Water Aerobics, Yoga 11:00 Adv Arthritis Exercise, Italian, Tai Chi Beg. Practice 11:20 Seated Yoga 11:30 Washable Oils Painting 1:00 Table Games 1:30 Afternoon Dancing	8:45 Advanced Senior Cardio 9:00 Cadet Band Practice 10:00 Advanced Painting, Concert Band Practice, Party Bridge, SAIL Exercise, Water Aerobics 12:15 Health & Humor 12:30 Beginner Painting, Texas Hold'Em 1:30 Beg. Beg. Line Dance, Bingo 2:00 Beginner Line Dance	8:30 Blood Glucose Checks 9:00 Knitting & Crocheting, Softball, Tai Chi 10:00 Basic Arthritis Exercise Happy Hikers, Tai Chi Continuing, Tai Chi Set Practice, Thursday Walkers, Water Aerobics, Yoga 11:00 Adv Arthritis Exercise 11:20 Seated Yoga 11:30 Chess Club 1:00 Table Games	9:00 Woodcarving, 9:30 SAIL Exercise 10:00 Water Aerobics 11:00 Advanced Spanish 11:00 Silver Stage Players 12:00 Beginner Spanish 12:30 Fun Film Friday 1:30 Old Time String Band Billiards Room Open Monday—Friday 8:30 am-4:30 pm

O'CONNOR, CONTINUED FROM P. 5

Spanish: Advanced class Fridays at 11 am; Beginners class every Friday, 12 noon.

Table Games: What's your favorite game? Come join the fun on Tuesdays. Newcomers always welcome!

Tellabration presented by the Smoky Mountain

Storytellers Association: Join us for an afternoon of captivating stories told by local storytellers. Tellabration is an international event held in November to celebrate the art of

storytelling. This event is open to the public!

Texas Hold'em: Wednesdays. Enjoy fellowship and competition with experienced and inexperienced card players; newcomers welcome! Cost is \$2/class.

Thanksgiving Luncheon: Thursday, November 21, \$5/person. Join us at 12:00 noon to give thanks and enjoy a great time of fellowship and a delicious meal. Please sign up and pay \$5 at the front desk by Thursday, November 12.

Thursday Walkers: This group, a part of the Happy Hikers, meets in the community at parks and greenways to get in

their exercise, enjoy the outdoors and fellowship. Each walk goes toward a collective count of miles and once we reach our destination goal we have a celebration sponsored by Trinity Hills of Knoxville.

Veterans Day Celebration: Friday, November 8. Join us at 1:00 pm for a time of celebration as we express appreciation for our Veterans. Reservations are required--Please call the Center before Friday, November 1, to make your reservation.

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.

SENIOR SAVVY COMPUTER CLASSES

PLEASE PRE-REGISTER AND PRE-PAY)

Tech Tutoring will be available for computer questions and answers on Tuesdays & Thursdays starting in August. Please call to schedule an appointment with our volunteer. Computers, as well as some iPads, tablets, etc., are available; please indicate need when registering.

Android Phone/Tablet Basics:

\$25 for the 2-day class

Thurs/Fri, Nov 7 & 8, 12:30 pm to 2:30 pm

Facebook 101 Class:

\$15 for the 1-day class

Thurs, Nov 7, 10:00 am to 12:00 pm

Smartphone/Table Camera Class:

\$15 for the 1-day class

Fri, Nov 22, 12:30 pm – 2:30 pm

Awesome Apps:

\$15 for the 1-day class

Thus, Dec 4, 12:30 pm – 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.

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

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

Exercise: Arthritis Foundation, 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 insures the class meets your daily requirement of fun and fellowship.

Exercise: Senior Advanced Cardio: Monday and Wednesday. Class meets 2 days/week. This Covenant-led low impact aerobic class includes an increased level of intensity and a strenuous workout; cost \$3. Newcomers welcome.

Health and Humor: Laughter will always be the best medicine! Enjoy fellowship with a group who enjoy laughing and learning about healthier habits. Led by Nurse Claudia every Wednesday at 12:15 pm.

Hearing Screening & Hearing Aids Checked/Cleaned. Get your hearing checked or your hearing aids cleaned and adjusted. This service is offered quarterly FREE of charge!

Hula Hoop Fitness: A fun and creative way to get in your cardio. For beginners and experienced participants alike. Class is FREE for Silver Sneakers members. Call for details.

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

SAIL Exercise Class: Learn about how this exercise curriculum can improve your balance and strength. Class meet every Monday and Wednesday at 10 am, and Friday at 9:30 am. Class is FREE for most insurance members so call for details.

Sweet Spot for Diabetics: A pharmacist from Mac's Pharmacy will discuss the best practices to manage your

diabetes! COMPLIMENTARY DINER LUNCH for those who pre-register. Nov. 14: "What's Slowing You Down?" Dec. 12: "Which Diet Takes the Gold?"

Taoist Tai Chi Classes and Practice: Tuesdays and Thursdays. Try Tai Chi to help reduce stress and anxiety and enjoy this time of meditation in motion. Newcomers are always welcome.

Toenail Clipping, by Appointment Only: Cost is \$12. Call 523-1135 to schedule an appointment with Kelli on Nov. 6 & 20 and Dec. 4 & 18.

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

Yoga: Tuesdays & Thursdays, 10 am; Seated Yoga: Tuesdays & Thursdays at 11:20 am: Classes held at the YMCA. Cost is \$3 per class.

Lunch & Learn @ 12:00 Noon: Reservation must be made by Thursday of the previous week to get a free lunch! Complimentary diner lunch provided by the grandchildren and great-grandchildren of John T. O'Connor.

Nov. 4: **Alzheimer's Research Update**—Janice Wade-Whitehead, CEO of Alzheimer's Tennessee, will share helpful tips on brain health and updates on the latest Alzheimer's research.

Nov. 18: **Communication and the Link to Cognition** – Nola Redford, Professor & Director of Clinical Education in Speech Language Pathology at UT, will lead a lively discussion about normal aging that will include illustrations about typical changes in memory and learning that are expected with age. Individual memory screenings performed by graduate students will follow the presentation. Please call ahead to schedule a screening.

Dec. 2: **All Around Wellness** – Gail Cook, owner and manager of AHHSpa in LaFollette, will share information about the rejuvenation of body, mind and spirit utilizing different therapies: Salt Water Float Pods, Massage, Vibration Plate and Yoga.

AUGUST & SEPTEMBER 2019 DONATIONS

Anonymous (30)
 Bob Andres
 Debra & Kenneth Brock
 Laura Brown
 Wanda Caldwell
 Colonial Heights United
 Methodist Church, J. Ray
 Stuart Sunday School Class
 Freddy's Frozen Custard &
 Steakburgers (Knoxville, TN)
 John Freshour
 Anna Goodman
 Dawna Gray
 Renita Harris
 Vi Hayes
 Charlotte Hensley
 Ronald Jolly
 Jo Learn
 Debbie Lowe
 David McCormick
 Caroline McRae
 Peggy Minge, Feed the Needy
 Oakwood Baptist Church,
 Homemaker's Sunday School
 Class
 Harry Paylor
 Gerald Perlman
 Ray Reid
 Sarah Roberto
 Ronald & Virginia Shrieves
 Smithwood Baptist Church,
 Joy Class
 Mike and Kay Spinosa
 Linda Townsend
 Martha Carol Webster
 Linda Williams
 Diana Amann
 James Anderson
 Bob Andres
 Jewell Cadle
 Terry Campbell
 Colonial Heights United
 Methodist Church: J. Ray
 Stuart Sunday School Class
 Maxine Cook
 James & Brooksie Cox

Michael Cross
 Allan & Donna Ellstrom
 Anna Goodman
 Michael & Wanda Gunnell
 IREM East Tennessee Chapter
 No. 57
 Ronald Jolly
 Linda Joyce
 Gwendolyn Kelso
 Robert Kemp
 Kathryn Kimbrough
 Pam Lovell
 Debbie Lowe
 David McCormick
 Mary & Harold Moore
 Tyra Noe
 Oakwood Baptist Church:
 Homemaker's Sunday School
 class
 Gerald Perlman
 Carl & Mary Porter
 R. Lowel Reid
 Sarah Roberto
 Smithwood Baptist Church:
 Joy Class
 Amanda Spencer
 Mike & Kay Spinosa
 James & Opal Thompson
 Linda Townsend
 Deborah Underwood
 William Walters
 Martha Carol Webster
 David & Carolyn Wells
 Bettie Wilkie
 Linda Williams

Regular in Memory or Honor

In Memory of Penny Bandy
 Karen Russell
In Memory of Penny Bandy
 Anna Davidson
In Memory of Penny Bandy
 Kathy Sergeant
In Memory of Penny Bandy
 Diane Williams
In Memory of Doris Jean Butler

Clifford & Lois Beach
In Memory of Doris Jean Butler
 Rusty & Stephanie Bingham
In Memory of Doris Jean Butler
 Fred & Liz Melloy
In Memory of John King Jr
 Georgia Ruth King
In Memory of Edward R. Knight
 Lynda Bowers
In Memory of Kenneth Roberts
 Laurie Gibson
In Memory of Charlotte Tarr
 Northgate Resident
 Association
In Honor of Nancy Dunn
 Chris A. Dunn
In Honor of Marc Green
 Ivan Green
In Honor of Orvalee Hancock
 Anonymous
In Memory of Susan Doane
 Katie Atkins & Family
In Memory of Bill Gass
 Corryton Church: Golden SS
 Class
In Memory of Inez Hardin
 George G. Smith Jr.
In Memory Rick & Lisa Mixon
In Memory of George Robert
 Lowe
 Sonya Cissna
In Honor of Kenneth Roberts
 Laurie Gibson
In Honor of Carolyn Zachary
 Jo A. Learn & Candy Gentry

Adopt A Senior Donations

Anonymous (22)
 Barbara Abner
 Beaver Creek Cumberland
 Presbyterian Church,
 Searchers Sunday School Class
 Larry Bender
 Debbie Coyle
 Farragut Presbyterian Church,
 Outreach Committee

Ann Gehin
 IREM East Tennessee Chapter
 No. 57
 David & Janice Ishee
 Kathryn Kimbrough
 Lake Hills Presbyterian
 Church
 Wayne & Diane Lankford
 Rosemary Mayberry
 Kari McCluer
 Mount Olive Baptist Church,
 Faith Sunday School Class
 Mount Olive Baptist Church,
 Eagles Sunday School Class
 Marie Norman
 Richard Pace
 Deborah Perry
 Lavon & Darlene Rickard
 Andrew Scruggs
 Dorothy Swearingen
 The Table
 Darrell & Deena Trimble
 Trinity Hills of Knoxville
 Martha Vaigneur
 Linda Williams
 Steve & Deborah Zimo
 Barbara Abner
 Beaver Creek Cumberland
 Presbyterian Church:
 Searchers Sunday School Class
 Tom & Linda Bolen
 James & Nancy Bolon
 Democratic Women of
 Knoxville
 Farragut Presbyterian
 Church: Outreach Committee
 First Baptist of Concord:
 Agape Sunday School Class
 Ann Gehin
 Jeff & Peggy Hodgson
 David & Janice Ishee
 Charles & Annette Levin
 Susan Long
 Ellie Mattner
 Rosemary Mayberry
 Kari McCluer
 Mount Olive Baptist Church:

Faith Sunday School Class
 Marie Norman
 Richard Pace
 Deborah Perry
 Carl & Mary Porter
 Lavon & Darlene Rickard
 Evan C. Sturm
 Robert Wilson
 Carolyn Zachary

Adopt A Senior in Memory or Honor

In Memory of Penny Bandy
 Caroline Brooks Wilder
In Memory of Penny Bandy
 Keilah Gonzales-Bonilla
In Memory of Penny Bandy
 Michael & Nancy Lofaro
In Memory of Penny Bandy
 Paul Bandy
In Memory of Penny Bandy
 Tammy Deaton
In Memory of Penny Bandy
 Elder Law of East Tennessee
 PLLC
In Memory of Penny Bandy
 Don Russell
In Memory of Jean Butler
 Sue Shealy
*In Memory of Thelma, Marsha, &
 Kenneth Carrington*
 Marilyn C. Davidson
*In Memory of Geraldine "Gerry"
 C. Davis*
 George Davis
*In Memory of Geraldine & Greg
 Davis*
 George Davis
In Memory of Dorothy Frost
 Catherine Cooper
In Memory of Dorothy Frost
 Catherine Cooper
In Memory of Emerine Hopson
 Pamela McGhee
*In Memory of George Robert
 "Bob" Lowe*
 Home Federal Bank: Human

Resources Department
*In Memory of Richard & Shirley
 Meyer*
 Pat Shireman
In Memory of Sarah N. Miller
 Anonymous
*In Honor of Margaret
 Rutherford*
 John & Janet Mullins
In Memory of Catherine Wright
 Otto Wright
*In Memory of Andrew Paul
 Sorrells*
 Curtis Sorrells
In Memory of Chris Tiller
 Anonymous

One Senior for One Year

Anonymous (4)
 Peggy Elkins
 George & Nancy Lefler
 East Tennessee Foundation
 Douglas & Jeanette Ramey
 Robert & Nancy Hydzyk
 Arthur Cathers

Two Seniors for One Year

Knox County Criminal Clerks
 Office
 Theresa Wright
 Rotary Club of Bearden
 Ronald Wyrick

Four Seniors for One Year

Anonymous (1)
 Akima Club

Eleven Seniors for One Year

Knoxville Firefighters
 Association Local 65

Fifteen Seniors for One Year

Anonymous

AUGUST & SEPTEMBER 2019 OOA DONATIONS

CONNECTING HEARTS

Jessica Gadd

Daily Living Center

East Tennessee
 Foundation: Pat Summit
 Foundation Fund
 Susan Long

Rise Above Crime

Elder Law of East
 Tennessee

Grandparents As Parents

Anonymous (1)
 Knoxville Bar Association
 Walgreens

AARP Tennessee
 Zoo Knoxville

O'CONNOR SENIOR CENTER

O'Connor Quilters

Project LIVE

Amy Kochanski

Theresa Hancock
 Connie Johnsey

Knox PAWS

In Memory of Foster Lewis
 Anonymous
*In Memory of Lucille
 Millsbaugh*
 Anonymous

In Memory of Rhett Butler
 Echols

Carol Howard
 Tina Heath
 Stephen Oliver
 Fawn Landrum
 Laurie Houston
 Carla Babyak
 Blaze Pizza

Linda Cunningham

Senior Companions

Walgreens
*In Memory of Emmerine
 Hopson*
 Roger Kittelson

Senior Information and Referral Service

Ludell Coffey

RISE ABOVE CRIME OFFERS COFFEE & CONVERSATION

O'Connor Senior Center
611 Winona St. in Knoxville

1 pm—2 pm on the following dates:
November: 7th and 21st
December: 5th and 19th
January: 2nd and 16th

Crimes against older individuals can come in many different forms such as physical, emotional, and sexual abuse, but also those crimes that may not be as easily recognized such as financial exploitation and fraud, harassment, and stalking. Unfortunately violence against seniors is happening in our community at an alarming rate. Rise Above Crime hopes to provide education and support to those community members affected by this growing crisis in the form of a bi-weekly discussion group called Coffee and Conversation.

Rise Above Crime's Coffee and Conversation Discussion Group aims to provide an open platform for Knoxville-Knox County's older adults to discuss elder abuse, and any issues surrounding this topic. Coffee and Conversation also aims to educate participants on elder abuse, while providing support and empowerment for those who have fallen victim to this type of abuse. Coffee and Conversation will be open to any vulnerable adult, age 50+ in the Knoxville-Knox County area that has experienced or knows someone who has experienced elder abuse, interested in seeking support, education, and empowerment through a confidential discussion group. If you are interested in attending, please contact Sasha Hammett at (865) 524-2786 for more information. ■

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM CAN HELP WITH YOUR APPLICATION!

Filling out a new application for SNAP or recertifying? Don't forget these deductions!

Shelter Costs

- Rent
- Mortgage
- Condo fees and HOA dues
- Costs for heating, cooling, gas, electricity, water, sewage, garbage collection, standard telephone allowance, utility installation
- Costs of substantial repair due to natural disasters
- Homeless households shelter costs

Dependent Care

- Child care expenses
- Child support payments
- Representative payee



Call the SNAP Coordinator to make sure you are deducting everything you are eligible for to increase your SNAP benefits. Many people don't know what they are able to deduct, so the best thing you can do is let us help you with your application. Call SNAP at 865-524-2786.

The SNAP Outreach Program is a service of the CAC Office on Aging. ■

SAVE THE DATE

Snowflake Ball

to benefit the Senior Companion Program



Saturday, February 8, 2020

6 pm—9:30 pm

Rothchild Conference Center

8807 Kingston Pike

Knoxville, TN 37923

To order tickets, call 524-2786 or visit knoxseniors.org after November 15, 2019

#SnowflakeBall2020

HOLIDAY LONELINESS YOU'RE NOT ALONE



IF THE HOLIDAYS ARE A REMINDER OF **Loss** OR **STRESS**, RATHER THAN THE HOPE AND JOY YOU ONCE KNEW, YOU AREN'T ALONE!

1 IN 5 AMERICANS
65 & OLDER
ARE SOCIALLY
ISOLATED

THE HEALTH RISKS OF
PROLONGED ISOLATION
ARE EQUIVALENT TO SMOKING
15 CIGARETTES A DAY

THERE IS **HOPE**.
BUILD YOUR SOCIAL NETWORK &
SUPPORT YOUR COMMUNITY!

ACCORDING TO AARP,
VOLUNTEERING
2 HOURS A WEEK
CAN MAKE THE DIFFERENCE



FIGHT THE HOLIDAY BLUES! CONTACT SAM TO FIND
THE PERFECT VOLUNTEER OPPORTUNITY
865-524-2786

Council on Aging presents **ONCE UPON A PALM TREE CHRISTMAS**

A play by the Silver Stage Players

Join the Silver Stage Players for a festive holiday play! When a group of friends find themselves marooned on a desert island, all manner of things transpire. Ultimately, they learn more about each other and about what matters most. It's all in the spirit of Christmas!

Silver Stage Players is an amateur theatre group comprised entirely of seniors. They write their own shows and perform them at the O'Connor Senior Center. While admission is free, the group appreciates donations.

Refreshments provided by United Healthcare. This event is free and open to the public. ■

Council on Aging program
Thursday, December 12
2:30 pm
O'Connor Senior Center
611 Winona St.



**Silver Stage
Players**



ELDER NEWS & VIEWS

OFFICE ON AGING DIRECTOR

Susan Long

EDITOR

Rachel Kraft

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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

MEDICARE ENROLLMENT ASSISTANCE, **PAGE 1**

SUBARU SHARE THE LOVE EVENT, **PAGE 2**

GRANDPARENTS AS PARENTS, **PAGE 3**

SNAP PROGRAM, **PAGE 10**

ONCE UPON A PALM TREE CHRISTMAS, **PAGE 12**

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NOVEMBER/DECEMBER 2019

ELDER NEWS & VIEWS

PAGE 12

MOBILE MEALS HOLIDAY CARDS ON SALE NOW

Send a holiday message to your family, friends, and loved ones while supporting Mobile Meals. This year's greeting card was created and contributed by the talented artist, Anne McIntyre. Anne started her first art classes the week after she retired from the UT faculty in 2005 and is still learning in classes at the O'Connor Senior Center. Her favorite subjects are people, pets and places that are special in her life.

The greeting cards are blank inside and come in packs of ten with envelopes for only \$10. Each pack of cards sold will purchase about three meals for a homebound Knox County senior.

Mobile Meals Holiday Cards can be purchased online at www.knoxseniors.org for pick up at the CAC Office on Aging, 2247 Western Avenue. Cards can also be mailed to you when ordering online at knoxseniors.org for a \$5 fee.

You can also purchase cards at the following locations: O'Connor Senior Center, 611 Winona St. • Trinity Hills Senior Living, 4611 Asheville Highway ■



CAC OFFICE ON AGING WELCOMES NEW DIRECTOR

The CAC Office on Aging is proud to announce the appointment of its new director, Ms. Dottie Lyvers. She comes to CAC with a strong background in senior services, having served for a number of years with the Area Agency on Aging. We welcome her and look forward to her leadership.

Ms. Lyvers can be reached at the Office on Aging at (865) 524-2786 or by email at dottie.lyvers@knoxseniors.org.