Knox PAWS (Placing Animals With Seniors) is a program of the CAC Office on Aging which helps eligible seniors in Knox County to adopt and care for a pet. Studies show that having a pet helps seniors reduce loneliness and stress, lower blood pressure, become more active, and improve overall physical and mental well-being.

These are just some of the benefits that pets bring to the lives of seniors. Unfortunately, for many seniors on a fixed income, the expense of having a pet is prohibitive. Each year, thousands of homeless and unwanted animals are surrendered to local shelters. Many of these animals would make a perfect pet for someone. Project LIVE seeks to connect these viable pets with seniors who want them.

On Friday, May 17, 2013, Knox PAWS will host its 3rd Annual PAWS Among the Blooms benefit to generate funding support for the program. The event will be held from 5:30pm—7:30pm at Stanley’s Greenhouse in South Knoxville. Tickets are $25 at the door. Join us at Stanley’s for a beautiful evening of music, flowers, plants, and hors d’oeuvres. Dogs are welcome at this event, so grab your four-footed friends and join us as we PAWS Among the Blooms! 🐶

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Do you have questions about retirement?

Eric Foster with PYA Waltman will be at the LT Ross Building on Monday, May 13, 2013, and Friday, June 14, 2013, from 8:30am to 4:30pm in Multipurpose Room B to provide Fidelity retirement overview, updates, and employee education. Please take advantage of this opportunity to talk with someone about your retirement needs and/or review your current selections.

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“Our greatest historical and artistic treasures we place with curators in museums; others we take for walks.”

~ Roger Caras
Employment Anniversaries

Twenty-nine years
Kathy Cunningham—CAC Transit

Twenty-three years
Windie Wilson—Workforce Connections

Fifteen years
Barbara Prater—Head Start

Thirteen years
Atif Nukic—LT Ross Building
Erica Eslinger—East Neighborhood Center

Eleven years
David Holden—Office on Aging/AMOS
Angela Kirkland—Food Distribution

Ten years
Connie Coleman—Food Distribution
Tessa Taylor—Head Start

Nine years
Nettie Brown—Head Start

Seven years
Sharnita Freeman—East Neighborhood Center

Six years
Kelly Hampton—Office on Aging/Administration

Five years
LaWanna Broderick—Office on Aging/SCIRS

Four years
Khann Chov—AmeriCorps/Beardsley Farm
Claudia Tate—Workforce Connections

Three years
Mayra Blackburn—Head Start
Lisa Bush—Office on Aging/Senior Corps
Katherine Sayne—Head Start

Thank you for your service!

Two years
Pamela Chambers—Office on Aging/SNP

One year
Hannah Kincaid—Workforce Connections
Laura Holt—Head Start

Take Advantage of Workplace Benefits

The Employee Assistance Program

A benefit of our State of Tennessee Group Insurance Program is Partners for Health Employee Assistance Program (EAP). Magellan Health Services is the company providing EAP services. Just a few of the issues EAP can help with are: stress, depression, family/parenting issues, relationship issues, financial issues, child and elder care issues, workplace concerns, grief and loss, work/life balance and even legal consultation. All services are strictly confidential and can be accessed by calling 1-855-437-3486, seven days a week, 24 hours a day. Members and eligible dependents can receive up to five sessions per problem at no cost. What you may not know is that Magellan also offers confidential and anonymous access to a wide variety of information and resources on their web site at Here4TN.com. Remember to follow CAC’s Technology and Communication Policy and explore this website on your own time, on your own device and away from work. You will find valuable information, resources and tools to help you live a healthy and happy life at work and at home.

Call 24/7
1-855-437-3486
Employee Assistance Program
or visit online at Here4TN.com

CAC Connections
AMOS Volunteer Recognition

Volunteers from the Affordable Medicine Options for Seniors (AMOS) program were treated to a Volunteer Recognition Pizza Party on April 16, 2013, at the LT Ross Building. It was the 11th annual recognition event for the AMOS volunteer team.

Senior Companions Receive Caring Hearts Awards

The 15th Annual Caring Hearts Recognition Ceremony, hosted by Alzheimer’s Tennessee, was held on April 25, 2013. Senator Becky Duncan Massey recognized two Senior Companions for their dedication to the individuals they serve.

Senior JOB FAIR

Wednesday, May 22, 2013
9 am—12 pm
CAC LT Ross Multipurpose Room

Full-time & part-time positions are available for seniors

Customer Service • Clerical Cashier • Food Service Health Care • Drivers Cleaning Services • Banking

For more information, call 524-2786 or email bonnie.lyle@knoxseniors.org

Since 2002, the AMOS program has provided Knox County seniors with valuable information regarding their medicine options.
Upcoming Events & Meetings

Friday, May 17
PAWS Among the Blooms. 5:30—7:30 pm at Stanley’s Greenhouse. See page one.

Saturday, May 18
Children’s Festival of Reading. 10:30 am—3:00 pm at World’s Fair Park.

Wednesday, May 22
Senior Job Fair. 9:00 am—Noon at the LT Ross Building. Call Bonnie Lyle at 524-2786.

Thursday, May 23
CAC Board Meeting. 10:00 am at O’Connor Senior Center.

Monday, May 27
Memorial Day. LT Ross Building closed.

COMMODITIES DISTRIBUTION
May 2013

Participants with a photo ID should report to only one of these sites to receive commodities. Eligibility will be determined at the distribution site.

O’Connor Center
611 Winona St.
Saturday, May 11
9am—12pm

South Neighborhood Center
522 Old Maryville Pike
Monday, May 13
10am—2pm

LT Ross Building
2247 Western Ave.
Saturday, May 11
10am—2pm

NO PERSON ON THE BASIS OF RACE, SEX, RELIGION, DISABILITY, OR NATIONAL ORIGIN WILL BE EXCLUDED FROM PARTICIPATION.

Very Special Thanks to Our VITA VOLUNTEERS

Melissa Baer
Betty Beacham
Betty Bowling
Kimberly Brown
Stacy Clark
Walter DeFrancis
Shawnna Galyon
Dick Grover
Paula Hamner
Hu Hui
Rachel Hobert
Jack Jordan
Spencer Joy
Debbie Mitchell
Dennis O’Callaghan
Richard Perkey
Dick Portman
John Reich
Anita Riley
Dave Rivoira
Ailsa Schuller
Kristie Tillery
Ryan Travis
Sylvia Woods
Yu Ye

Volunteer Income Tax Assistance
2012 Tax Season Outcomes

Total number of prepared returns: 1,410
Total Earned Income Credit: $1,069,033
Total federal refunds: $2,228,554

Dollywood’s Imagination Library Playhouse presents the Penguin Players in

ONE COOL FRIEND

MURPHY BRANCH LIBRARY
May 21 at 10:30 am

CAC Connections is a publication of the Knoxville—Knox County Community Action Committee. Submissions and comments can be sent to Rachel Kraft at 546-3500 ext. 1116 or by email at rachel.kraft@knoxcac.org.