

◆ Elder News & Views ◆

Knoxville-Knox County Office on Aging

February 2007

Flip Over Flapjacks, Cruise for Crafts, Bag Bargains At O'Connor Center Annual Pancake Fest

Annual Pancake Fest

Date: **Tuesday, February 20**

Time: **7:00 a.m. - 1:00 p.m.**

Cost: **\$5.00 per person**

Place: **O'Connor Senior Center
611 Winona Street**

**Call 523-1135 to order takeout
or for more information**

Pancake Fest 2007 at the O'Connor Senior Center begins at 7:00 a.m. on Tuesday, February 20, and serving will continue until 1:00 p.m. An abundance of delectable hot pancakes, sausage, syrup (including sugar-free), coffee, juice, and milk will be waiting for you. The \$5 cost covers "all you care to eat." Many elected officials and local celebrities will be at the Fest throughout the day, mingling with guests and flipping a pancake or two. B97.5 radio with Jeff Jarnigan will broadcast live, and WVLT-TV's Chef Walter will be at the Center for his noon show.

The O'Connor Center's Pancake Fest has traditionally been held on Shrove Tuesday, or Fat Tuesday (also known by its French name, *Mardi Gras*). The celebration has become bigger and better each year, with more activities and opportunities joining the lineup to make the day festive and fun.

The craft fair that premiered at Pancake Fest 2005 will be back for 2007, and several new vendors will be present for your shopping excursion. In addition to the vendors who market handcrafted items, several specialty vendors with jewelry, home goods, and personal items will

have treasures for your shopping pleasure. Shopping hours will be 7:00 a.m. to 1:00 p.m. Admission to the craft fair is *free*.

Bake sales at the O'Connor Senior Center have a reputation for providing some of the most delicious baked items this side of paradise. Come early for bake sale shopping to make certain that you get that one-of-a-kind treat. Many of the recipes can be found in the *Mary Starr Cookbook* that is also for sale on this day at a special price.

Spring will not be far behind Pancake Fest 2007. Plants from the O'Connor Greenhouse will be on sale during Pancake Fest. This is a great opportunity to get your plants and have them ready to put in the ground.

Estate Planning in Tennessee by Anne M. McKinney, PC, continues to be *the* reference book for those seeking assistance with estate planning. This book will be for sale and it is anticipated that Ms. McKinney will be at Pancake Fest and will be able to sign your copy.

Community agencies will host tables to provide information about their services. A visit to these tables can provide you with a resource that you may need now or in the future.

Institutional Jobbers is returning as the major sponsor for the event, and B97.5 is the radio sponsor. East Tennessee Personal Care Service is providing that delicious Wampler sausage again this year. The support from these sponsors is very

much appreciated.

Take-out service is available and is a unique way to treat others to a special morning. Call ahead or e-mail occonnor@knxcac.org to order take-out breakfasts for your employees, co-workers, or a special group of friends.

Tickets will be on sale at the door, or you can arrange for advance sales by contacting the Center. The \$5 ticket gets you a great breakfast and an opportunity to support the O'Connor Senior Center.

All of these events and some special surprises will be offered at the O'Connor Senior Center, 611 Winona Street. Call 523-1135 for directions, tickets, or take-out orders. Funds raised from the Pancake Fest are used for O'Connor Senior Center operational expenses for its programs for Knox County seniors. The O'Connor Senior Center Advisory Board and staff look forward to seeing you at the Pancake Fest. ♥



O'Connor Center board member Blaise Burch (right) takes a break from flipping cakes to talk to WBIR-TV's Ken Schwall at the 2006 Pancake Fest.



News from Covenant Health Passport

Your Passport to Good Health and Good Times!

Love Your Heart

How much do you love your heart? Enough to eat right, exercise, and control your blood pressure and cholesterol?

During February, Covenant Health has planned events to help you learn more so you can love your heart for a long time.

Programs on hypertension and heart health will

be held in area senior centers to make you aware of your risk factors and new treatments available for those at risk of developing heart disease.

We'll also get your heart pumping with our annual excursion to a Lady Vols basketball game.

Check out the calendar below and love your heart this month.

Passport Calendar of Events

February 7, Noon

Controlling Hypertension
Jimmy Hawkins, MD
Frank Strang Senior Center
Program is free, lunch available for \$3 for Passport members, \$6 for others
Call 541-4500 for details

February 9, Noon

Love Your Heart
David Wood, MD
O'Connor Senior Center
Program and lunch are free
Call 541-4500 for details

February 25, 8:30 a.m.

Women's Basketball Hall of Fame for Pep Rally, Lunch & Lady Vols Game
\$15 for Passport members
\$25 for others
Call 541-4500 for details

March 7, Noon

Genetic Testing for Hereditary Cancer Syndromes, Courtney Rowe-Teeter, MS
Frank Strang Senior Center
Program is free, lunch available for \$3 for Passport members, \$6 for others
Call 541-4500 for details

Covenant Health Passport Membership

Adults 50 and older can get a Covenant Health Passport at no charge. It's a great way to explore the world of health, fitness and fun, all from the comfort of home in East Tennessee.

Benefits include:

- Health screenings and seminars
- Credit Union membership
- Special events just for our members
- Fun fitness opportunities
- Timely health information
- Parking discount at Fort Sanders Regional
- Cafeteria and gift shop discounts at all of our hospitals

Membership is Free - Complete and Mail Today

Name _____

Address _____

City _____ Zip _____

Phone _____

Birthdate _____

Send to Covenant Senior Health, 1921 Topside Road, 202A, Louisville, TN 37777

Thank you, Covenant Health Passport, for sponsoring the February newsletter! The information on this page is provided by the *Elder News & Views* sponsor of the month. The Knox County Office on Aging does not determine the content of this page and is not responsible for the information provided here. Please direct any inquiries about this information to Covenant Health.

Mobile Meals Faces Challenges with Community Help

The Mobile Meals program faces daily challenges—sometimes difficult ones—such as identifying and serving the growing number of seniors who need meals; providing safe, healthful, and nutritious food; and ensuring that other important needs are met. Costs have increased, largely due to the increase in fuel prices, and more volunteers are finding it necessary to request mileage reimbursement—resulting in a 65-percent increase in those expenses. As a result, the cost of providing a meal last year rose to \$2.85 per day, \$61.75 per month, or \$741 per year, a 5.5-percent increase over last year, but the first increase in many years.

Every weekday, Mobile Meals delivers more than 830 meals. Federal and state funds cover basic administrative costs and provide about 350 meals each day. United Way, the Empty Stocking Fund, the City of Knoxville, and Knox County also

support the program. Knox County Mayor Mike Ragsdale is determined that no one who needs meals should have to wait to receive them, nonetheless it still takes \$350,000 each year from the community to serve everyone, so we need your help.

“Once again we have been challenged by a local foundation—a challenge we can’t meet without the community’s help,” said Barbara Monty, director of the Office on Aging. ***“For every \$2 raised from the community for Mobile Meals, this foundation will provide \$1, up to \$200,000.”*** What a wonderful opportunity for people to see their charitable dollars multiplied for a worthy cause! The impact will be felt for many seasons to come.”

Mr. D is 89 years old and lives alone in his home of many years. He has cancer, arthritis, cataracts, difficulty breathing, and he uses a walker. His children live out of town and

help when they can, but he is determined to be as independent as possible and finds it hard to ask for help. His daughter called Mobile Meals, and he reluctantly agreed to give it a try. He now says it’s what makes it possible for him to stay in his home. Mr. D benefits from the daily visits of friendly volunteers who deliver hot, nutritious meals at lunchtime each weekday. Equally important, these caring volunteers provide valuable health and safety checks.

Supporters have always been generous in helping Mobile Meals face the daily challenge of meeting the needs of the many seniors who have no one else to depend on. Won’t you please join us in meeting this challenge, and ensure that Mr. D and others like him will continue to receive this valuable service? Not everyone can spare the time to volunteer to deliver meals, but you can make a difference with your donation. ♥

Respite Volunteers Help Caregivers Spell “Relief”

Many years ago, a popular ad campaign asked the question: “How do you spell ‘relief’?” For thousands of family caregivers of seniors, relief is spelled, “R-E-S-P-I-T-E.” Respite means a reprieve, a rest break, and, quite literally, relief, for a person who is providing all of the care for a loved one who requires round-the-clock attention because of physical illness, dementia, or both.

The Office on Aging is starting a Volunteer Respite program to help overtaxed caregivers. The responsibility of caring for a loved one can be almost overwhelming, no matter how much love and dedication is involved. A few hours a week to get away can mean all the difference to a caregiver who needs a break. Imagine what it means to be unable to take a nap, go shopping, get a haircut, go to the doctor, or visit a friend

because you are responsible for the full-time care of a person who cannot be left alone. Just a few hours of a volunteer’s time will make it possible for a caregiver to relax and be restored without worrying about their loved one. Research has shown that caregivers often experience a decline in health while caring for a family member, frequently becoming too sick to continue to care for their loved one. Research also shows that caregivers who get some respite remain far healthier than those who get little or no relief.

The Office on Aging’s Senior Companion Program (SCP) has a waiting list of more than 150 caregivers who need someone to provide those few hours of respite, and there are simply not enough Senior Companions to go around. Volunteers enrolled in SCP must meet age and

income guidelines and must commit to volunteering 15 hours a week.

By contrast, the only requirements for respite volunteers are that they must be responsible, caring adults who are willing to commit at least one half day a month. There are no age or income requirements. Mileage reimbursement and liability insurance will be available. Training will be provided before volunteers are matched with a caregiver and care receiver who need their help.

If you can spare at least four hours a month, it might make it possible for a caregiver to “keep on keeping on.” Your help could mean that their loved one can continue to stay in the home and avoid having to enter a nursing home.

Call the Office on Aging at 524-2786 if you would like to know more about this program. ♥

Family Friends Offers New Advocate Role for Vols

The role of a Family Friends volunteer, working one-to-one with families whose children have special needs, can be gratifying and challenging for volunteers who make a generous commitment of their time and effort. For more than 10 years, many devoted Family Friends volunteers have become “extended family” or “grandparents” by sharing their experience, wisdom, and time with families who need a special friend and mentor.

Children whose families are served by Family Friends volunteers play together at a program event.



Today, many seniors have less time to commit but still would like to volunteer for Family Friends. Family Friends is now expanding its traditional volunteer role by creating a new **Family Friends Advocacy Corps**. Funding from national Family Friends and the National Council on Aging (NCOA) allows the program to create this new opportunity for volunteers who have less time or an irregular schedule to help families and children with special needs.

Family Friends Advocacy Corps volunteers will be trained to advocate for and support families in need of help to deal with school issues, with Juvenile Court or custody matters, with difficulty in accessing health and mental health services, or par-

ents who need encouragement as they participate in an addiction recovery program. Advocacy volunteers will participate in group training sessions that include visits to community sites for instruction, observation, and discussion. Some volunteers, including those with mobility limitations, may elect to provide advice and support for assigned families by telephone, or chat by e-mail with parents or grandparents needing an advocate or children's academic assistance.

If you are interested in becoming a Family Friends Advocate, or in mentoring a family with special needs, call the Family Friends Program at 524-2786. Volunteers must be mature adults, 55 or older. Mileage, insurance, training, and staff support are provided. ♥

Mobile Affordable Meal Service: Good Food, Low Cost

For some seniors, the Mobile Meals program is just the solution they (or their family members) are looking for to the problem of how to remain safely and independently in their own homes. Receiving the meals, as well as the visit of the volunteers, can make a huge difference in their health and outlook on life. But the program is not for everyone. There are eligibility requirements based on age and need. Some people don't qualify for Mobile Meals; some do qualify but don't want to answer a lot of questions about their eligibility. Some who qualify are willing to pay for meals so that those who can't afford them will be able to get them.

Have you considered looking into getting home-delivered meals, but you're not sure whether you qualify for Mobile Meals, or whether you even want to apply for them? A related program may be the right answer for you. Mobile Affordable

Meal Service (MAMS) has no eligibility requirements and is quickly and easily available to anyone of any age in Knox County.

MAMS serves the same food that is delivered through Mobile Meals, but those who sign up for it pay the full price of the delivered meal. It can be helpful to someone who is younger than 60 years old, may be recovering from an illness, is going through a period of stress, or just doesn't like to cook. Family members and friends can purchase the meals as a gift for a new mother or for someone being discharged from the hospital. Those receiving the regular Mobile Meals can purchase evening and weekend meals from MAMS to supplement the delivered lunches. MAMS are delivered at lunchtime and can be received hot or frozen for later reheating. The menu is varied and each meal meets the Recommended Dietary Allowance for an adult. Service can usually be-

gin the day after placing your order.

The cost of one delivered meal is \$5.50, with a required minimum order of five meals for a total of \$27.50 for the initial order. Additional lunch and supper meals delivered at the same time are \$3.50 each. Breakfast is also available for \$3.00. Any combination of meals can be ordered. For example, lunch can be ordered for once or twice a week, as long as at least five meals are in the initial order. Or five frozen meals can be ordered to be delivered at the same time, as an alternative to those available in the grocery store. The salt and sodium content of MAMS is much lower than most of the meals in the grocery freezer compartments.

Call the Office on Aging at 524-2786 and ask for MAMS for more information or to order meals. Payment for the initial order is requested at the time of the first delivery. Monthly billing can be arranged for ongoing service. ♥

O'Connor Senior Center February Schedule

The Center will be **CLOSED** on the following day:
Monday, February 19, Presidents' Day

PANCAKE FEST DAY, Tuesday, Feb. 20, 7:00 am-1:00 pm. Join us for this great fundraiser event sponsored by the O'Connor Advisory Board. All-you-can-eat pancake breakfast; bake sale; plant sale; and crafters sale. **ALL REGULAR PROGRAMS CANCELED ON THIS DAY.**

FEBRUARY SPECIAL EVENTS

Cooking with Dot, Thursdays, beginning Feb. 1, 1:30-2:30 pm. Come learn how to prepare those great dishes you love to eat at the Dine-a-Mite Diner. Receive hands-on demonstrations of dish preparation, sample the dish, and receive a copy of the recipe. Suggested donation of \$1 per session. Please call 523-1135 to register.

Line Dance, Thursdays, 9:45 am. Please call 523-1135 to find out whether beginners or line dance II (depends on interest level). Instructor: Evelyn Surratt.

AARP FREE Income Tax Service, Wednesdays, beginning on Feb. 7, 9:00 am-3:00 pm. First come, first serve.

Daytime Ballroom Dance Class, Wednesday, Feb. 7 through April 18, 1:30 pm. Instructors: Jack & Jin Gaston and Dot Smith. Cost: \$30 single or \$50 couple. Please call 523-1135 to register.

"Taking Care of Your Heart," Friday, Feb. 9, 12:00 pm. Speaker: Dr. David Wood. Come find out how taking care of your heart means you can live a longer, healthier life for yourself and for the ones you love. A FREE lunch will be provided by Covenant Health Passport but you **must** have a reservation. Call 541-4500 to register.

Exceptional Tours Harrah's Trip, Tuesday, Feb. 13. Cost: \$28.00. Lunch on your own. Each person will receive a \$20 voucher from Harrah's to play the machines. Register at O'Connor Center reception desk; payment is due when registering. For more information please call Jim or Frankie Hicks, 525-1475.

O'Connor Valentine's Day Party, Wednesday, Feb. 14, at 1:30 pm. Come enjoy a day of fun with your friends. There will be a cake walk, games, pictures, entertainment, and light refreshments. Call 523-1135 to register.

Seniors for Creative Learning BBQ, Thursday, Feb. 22, 12:30 pm. Please call UT Community Programs at 974-0150 to register for BBQ and upcoming classes.

FEBRUARY PROGRAMS

Center highlights below are listed alphabetically; event times are listed on the inside calendar.

50+ Active Adults, Mon., Wed., Fri. Low to moderate workout. Cost: \$1/class.

50+ Fitness, Mon., Wed., Fri. Aerobic exercise designed to increase heart and breathing rate. Cost: \$1 class.

AARP Chapter #85 Board, Wednesday, Feb. 7.

AARP Chapter #85 Meeting, Wednesday, Feb. 21.

AARP Driver Safety Program, Feb. 21 & 22. Please call Leo Holloway at 524-4577.

Armchair Travelers, Monday, Feb. 5. Come listen as Sandy Underwood tells us how great "RV" travel is. Sandy has traveled a great deal in her RV and has wonderful stories from her travels. Everyone welcome.

Arthritis Foundation Exercise, Tuesdays & Thursdays. Program based on the People with Arthritis Can Exercise Program. Led by Nurse Claudia. Cost: \$1.

BINGO at O'Connor, Wednesdays at 1:30 pm. In order to have prizes for the games, we ask that each player bring a small prize. Now you can enjoy a weekly game of BINGO with your friends. **NO BINGO** on Feb. 14 & 21.

Birthday Party, Wednesday, Feb. 28. Cake & ice cream will be provided by Priority Health Care. BINGO sponsored by Jeff Headrick and Associates.

Bible Study Group "Seekers," Fridays. Asa Bishop, facilitator.

Blood Glucose Check, Thursdays. Cost: \$1.50/check. A 12-hour fast is recommended. Program sponsored by Accu-Chek.

Blood Pressure Checks, Monday-Friday, 11:00 am-12:00 pm. The Center has a full-time nurse on staff who will help you monitor your blood pressure needs. On Tuesdays, blood pressure checks are provided by Priority Healthcare Services. Come and see us!

Camera Club, Monday, Feb. 26. Bob Kollar presents, "Creating Icons and Accent Photographs."

Cards, Thursdays. Informal card playing; open to all.

Ceramics, Wednesdays.

Chew Crew, Mondays. Feb. 5: Bistro in Downtown Knoxville. Open to all who wish to go.

Computer Classes: Call 523-1135 for information regarding classes and scheduled times for February.

For more information about any program, or to register for programs, contact us:
(865) 523-1135 E-Mail: occonnor@knxcac.org 611 Winona Street, Knoxville TN

Creative Writer's Workshop, Monday, Feb. 12 & 26. If you are a writer, or interested in becoming a writer, come and join this group for an uplifting time.

Dance Club, Friday, Feb. 2. Regular monthly meeting.

Dance Workshop, Tuesdays. First Tuesday of the month will be a Tea Dance with refreshments. Opportunity for practice or to learn new steps.

Dances:

Line Dancing: Mondays, \$2 contribution.

Friday night dances: Feb. 2, 16 & 23.

Saturday night dance: Feb. 10.

Diabetes Support Group, Friday, Feb. 16. Topic: Watch the *Knoxville News-Sentinel* for details.

Dominoes, Mondays. Suggested \$1 donation.

Earth Science, Monday, Feb. 5. Dr. Don Byerly presents, "Global Warming."

Exceptional Gift Shop, features handcrafted items and collectibles made by seniors at the O'Connor Center.

Financial Forum, Monday, Feb. 12. Topic: Federal Income Tax Update. Led by John Smartt, Jr.

Flower Lovers, Thursday, Feb. 1. Valentine's Tea. Program: *New Plants for 2007* presented by Joan Bunch.

French, Tuesdays. Three different levels offered. Call for information.

Garden Club, Monday, Feb. 12. Topic: "Fertilizer and Weed Control." Presented by Jim McDonald of LESCO. Everyone welcome.

Genealogy Research Group, Wednesday, Feb. 14. Instructor: Homer Anderson.

Greenhouse Workers, Wednesdays. If you enjoy working with plants and growing flowers, come by and check out the greenhouse at O'Connor.

Grief Support Group, Mondays. Group for those dealing with hurt, grief, and loss.

Happy Hikers, Thursdays. Feb. 8: Middle Prong; Feb. 15: mini-hike to be announced; Feb. 22: Big Ridge.

Knitting & Crocheting, Thursdays. Any skill level welcome. We have a new crocheting instructor also joining our group. Instructors: Jean Springer, knitting; and Linda Costner, crocheting.

Legal Assistance, Monday, Feb. 5. Call 637-0484 to schedule an appointment for free legal services.

Low Vision Support Group, will not meet at O'Connor this month.

Market Group, Monday, Feb. 26. Premier group that provides outlet for creative talents of craftspeople. Call for more information.

O'Connor "JAM" Sessions, Fridays at 1:00 pm. Open invitation to all folks who play an instrument to come and sit in on an old-fashioned jam session.

Party Bridge, Monday through Wednesday. If interested, call 523-1135 for more details.

Pinochle, Mondays. Suggested \$1 donation.

Quilting, Tuesdays. This wonderful group of quilters finish quilt tops that have been put together but never quilted. Great time of fellowship and instruction for those with any level of experience.

Scrapbooking Fun, Friday, Feb. 16. Bring projects you are working on; have fun socializing with other scrapbookers and learn new techniques.

Spanish, Fridays. Classes available for beginners and more advanced students. Call for details and to sign up.

Texas Hold 'Em Poker Club, Wednesdays. For those who know how to play or would like to learn. Trade chips in for prizes. Cost: \$2. **NO** class on Feb. 21.

TN Stage Company and O'Connor Drama, Wednesdays, Feb. 14 & 28.

U.S. and Global Economy, watch the *Knoxville News-Sentinel* for details.

Weight Loss Support Group, Wednesdays. A time to get together with others to learn, share and support one another in the weight-loss challenge.

Woodcarving, Fridays. Fellowship time with other woodcarvers, men and women; personal instruction for beginners.

Appreciation

The participants, Board, and staff of the O'Connor Senior Center wish to thank the following people for their generous support, given in December 2006.

Donations to Center:

Anonymous
Knox County Home Economists
T. David Pressly
O'Connor Quilters

In Memory of Curtis Cross

O'Connor Dance Club

In Memory of Charles (Chuck) Wilson

O'Connor Dance Club

In Memory of Earl Raby

Edkar L. Willis
Exceptional Gifts

OFF-SITE PROGRAMS

Halls - Christ United Methodist Church

Tuesdays and Thursdays, 10:15 am. Fitness Class led by certified St. Mary's instructor. Cost: \$1/class.

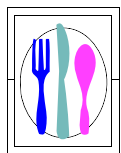
Mascot - Mascot Community Center

Tuesday, Feb. 13: Valentine's Party; potluck lunch.
Tuesday, Feb. 27: Healthy Heart; potluck lunch. Meeting at the church across from the Abernathy house.

StrawPlains Community- Lyons Creek Baptist Church

Fourth Thursday, 10:00 am. Enjoy a monthly program followed by free blood pressure screenings.

ADOPT A SENIOR SPONSORS



In Mobile Meals' Adopt A Senior program, you can provide Mobile Meals for a month, or more, for a

homebound senior citizen for \$58.50 a month. Your contribution will be recognized in this list every month during your sponsorship. For information about Adopt A Senior, call the Senior Nutrition Program, 524-2786.

The following people and organizations adopted seniors in December 2006.

Barbara Abner
Bob & Marie Alcorn
American Wholesale
Anonymous (4)
Beaver Creek Cumberland
Presbyterian Church,
Searchers SS Class
Bill & Marian Bugg
Chick-fil-A (Turkey Creek)
employees
Norma Cox Cook
Egerton, McAfee, Armistead &
Davis, P.C.
Ruth Ewald
Judith Arleen Fleenor
Reeta Fletcher
Oscar & Leah Funderburk
William & Barbara Goetz
Mildred Gregg
James & Barbara Heath
Glenna Herron
Paul & Glenda Houston
Ronald & Betty Jackson
Donna Jones
Arlene Katz
Kiwans Club of Norwood
Lake Forest Presbyterian Church,
YAYF Class
Lake Hills Presbyterian Church
Robert & Helen Large
Marie Ledgerwood
Sally Lewis
David & Mary Jane Lindholm
Charlotte Locher
Mr. & Mrs. James Lovell
William & Violet Martin
Mr. & Mrs. Robert McGehee
Meridian Baptist Church, Ready
and Ed Arnett SS classes
Mildred Buffler Democrat
Women's Day Club
Marie Norman
Helen Roehl O'Connor
James & Dorothy Petrone
Robert & Margaret Petrone

Bill & Liz Powers
Susan Reagan
R.F. & Joan Register
Lloyd & Kay Rinehart
Mary Rule
St. Elizabeth's Episcopal Church
St. George Greek Orthodox
Church, Philoptochos Society,
Sts. Mary & Martha Chapter
Salem Baptist Church,
Buster Watson SS Class
Second Presbyterian Church
Tim & Lisa Shultz
Smoky Mountain Quilters
Tuesday Bee
John & Wanda Sobieski
James & Ellen Spitzer
Gregory Stein & Jeanette Kelleher
Harry & Sarah Stowers
Joe & Elizabeth Thompson
Rasho & Myona Winget, Jr.
Women of Strategic Equipment
Mike & Gail Wood
Nancy Wood
Eric & Elaine Zeanah

In Honor or In Memory of...

In Memory of Josephine "Jo" Adams
Daughters of Penelope
In Honor of Aggie Bell
Kenneth & Jane Creed
In Honor of Mr. & Mrs. J.S. Bell,
Mr. & Mrs. Jim Haslam II, Mr. &
Mrs. John Ward, Mr. & Mrs.
Harry Stowers, Mr. & Mrs. Tom
Midyett, Mr. & Mrs. Bill Arant,
Mr. & Mrs. Frank Tucker, Mr. &
Mrs. Tom Wynegar, Dr. & Mrs.
Sam Bills, Mr. & Mrs. Gene
Koonce, Mr. & Mrs. Glenn Bul-
lock, Dr. & Mrs. Gerry Peagler,
Mr. & Mrs. Harold Bell, Dr. &
Mrs. Sumner Bell, Mr. & Mrs.
David Reynolds, Mr. & Mrs.
Gerry LeVan, Mr. & Mrs. Joe
Pryse, Mr. & Mrs. Rex Roush,
Ms. Rachel Smith, Mr. & Mrs.
Bob Patterson, Mr. & Mrs. Rich-
ard Bowen, Mrs. Lillie Wallace,
Mr. & Mrs. Bill Vines, Mrs.
Elizabeth Heinsohn, Mrs. Peggy
Loflin, Mrs. Ellen Stinnett, Mr. &
Mrs. Dalton Townsend, Mr. &
Mrs. Gib Catron, Mr. & Mrs.
Frank Myers, Mrs. Sid Gilreath,
Mrs. Ben Williamson and Mr. &
Mrs. Don Vowell
Tom & Aggie Bell
In Honor of Scott Carley
First United Methodist Church,
United Methodist Women

In Honor of Mr. & Mrs. James R.
Carter
Greg Leitch
In Memory of Ries Collier
Dr. & Mrs. Robert Collier, Jr.
In Memory of Ralph Dougherty
Ernestine Dougherty
In Honor of Mr. & Mrs. Ross
Faires, Mr. & Mrs. David Moon,
Mr. & Mrs. Jim Haslam, Mr. &
Mrs. Jimmy Haslam, Dr. & Mrs.
Clifford Johnson, Dr. & Mrs.
George Krisle, Mr. & Mrs. David
Smith, Mr. & Mrs. Hiram Tipton,
Cathy Ackermann & Tommy
Walker, Mr. & Mrs. Lee Congleton
Sherri Parker Lee
In Honor of Family at Christmas
Gwen Pyle & Terry Abel
In Memory of Mary Tyler Farmer
Knoxville Wholesale
Furniture, Inc.
Tuesday Bee
In Honor of First United
Methodist Church volunteers
First United Methodist Church,
Pilgrimage Class
In Honor of Linda Furtsch
Tom & Georgann Byerley
In Honor of Mr. Bill R. Greene
Sherrell & Rebecca Greene
In Memory of Mr. & Mrs. Frank
Harrison
Anonymous
In Honor of Mr. & Mrs. James A.
Haslam II, Mr. & Mrs. Fred Wal-
lace, Mr. & Mrs. James F. Smith,
Dr. & Mrs. Earl Keister, Mr. &
Mrs. Henry Bertelkamp, Mr. &
Mrs. Pat Scruggs, Mr. & Mrs.
John Testerman, Mr. & Mrs. Jack
Boyd, Mr. & Mrs. William
Skaggs, Mrs. Robert Rinearson,
Mr. & Mrs. Clyde Maynard, Mr.
& Mrs. Dalton Townsend, Mr. &
Mrs. Thomas Ayres, Mr. & Mrs.
Lee Congleton, Mr. & Mrs. Wil-
liam Boone, Mr. & Mrs. Ed Ross,
Mrs. Jane Buter, and In Memory
of David McWhorter
Robert & Ruth Campbell
In Honor of Nancy Hook and In
Memory of Sally & Edith Day
Ernestine Day
In Honor of Irma P. Keith
Mike & Jenny Keith
In Memory of Francis Loy and
Tara Baker
Ken & Barbara Monty

In Honor of the residents of the
Manor at Northgate
Anonymous
In Honor of Phyllis Marcy
Ellen Sullivan
In Honor of Hugh & Ruth
McQueen, Richard & Donna
Jones, and Miss Mariana Davis
Martha Aiken
In Memory of Leonard Mitchell
Jewell Mitchell
In Memory of Charles W. Moody
Betty Moody
In Memory of Our Parents
Mark & Jane Andreaco
In Honor of Joan Register
David & Stacey Schmid
In Honor of Linda Roberson
James Roberson
In Memory of Dorothea L. Roberts
Oak Ridge National Lab,
Health Services Division
Justin Trivette
In Honor of Rev. & Mrs. Marty
Singley, Dr. & Mrs. Bill Crowder,
Dr. & Mrs. Ken Christenberry,
Mrs. Joann Schaumberg, Dr. &
Mrs. Dennis Coughlin, Dr. &
Mrs. J.W. Bell, and Mr. & Mrs.
Buck Blalock
Sam & Phyllis Marcy

ONE YEAR

The following individuals and organizations have committed to providing Mobile Meals for a year for one or more seniors.

One senior for one year

Janice Lou Alley estate
Anonymous (3)
Beaver Ridge United Methodist
Church, Missions Committee
Tom & Kirby Bell
Bernard & Barbara Bernstein
Pete Biasella
Earl Bishop
Gerhard & Margaret Blombach
Dr. Tara Burnette
Jim & Kay Clayton
Pete & Cindi DeBusk
Faith United Methodist Church,
Crossroads Youth
Tom & Anna Ford
Geoquill Services, Inc.
Gloria Dei Lutheran Church,
50th anniversary offering
Harold & Nannie Greene
Sherrell & Rebecca Greene

continued on page 10

Thanks to Our Contributors

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

The following individuals and organizations gave in December 2006.

Mobile Meals

Anonymous (2)
 Colonial Heights United Methodist Church,
 J. Ray Stuart SS Class
 Cub Scout Pack 154
 Bobbie Driver & Pat Phillips
 First United Methodist Church,
 Fellowship Class
 Dawna Gray
 Julius Gregg
 Edna Hodge
 Adam & Kary Johnson
 Dr. Harvey & Judith Kaufman
 Tammy Leveritt
 Mascot United Methodist Women
 Deborah Noonkesser
 R. Franklin Norton
 Oakwood Baptist Church,
 Homemakers Class
 Stephanie Rader
 Dr. & Mrs. John R. Ray

St. Luke's United Methodist Women
 Salvation Army
 Charles & Rosaline Slater
 Michael Stauffer
 David & Carolyn Wells

In Honor or In Memory of...

In Honor of Sue Byerly
 Harriet Thompson
In Memory of Roy Cameron
 Kathleen Cameron
In Memory of George Ivan Cathers
 Harold & Nannie Greene
In Honor of Dr. Stephen Davis and Dr. Susan Schwarz
 Parkwest Gynecology
In Memory of Hobert Demarcus
 Alcoa 25 Year Club
In Honor of Sylvia Ann Easton
 Anonymous
In Memory of Mrs. Mary J. Tyler Farmer
 Acacia-May Chapter #24, Order of the Eastern Star
 Robert & Kathleen Kania
 John & Joan Rozek

In Honor of Michael & Jenny Keith
 Irma P. Keith

In Memory of Mae Mills
 Homer & Sue Mills

In Honor of Grady Morgan
 Dale & Wilma Noe

In Memory of Dorothea Roberts
 Charles & Jennie Lynn Dunn
 Rocky Top Materials, Inc.

Office on Aging

Chris Frankenberg
 Carole Lundin
 Gwen Pyle

Project LIVE

Mr. & Mrs. Bruce Bower, Jr.
 Don Hargroves
 Ron Hensley
 Victor Kampas

Senior Companion Program

Preservation Pub
 Marilyn Stigall



ADOPT A SENIOR SPONSORS

(Continued from page 7)

Carl & Donna Hatmaker
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 Mr. & Mrs. Russell B. Kuhlman
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 Lady Vols Basketball fans
 Rev. & Mrs. Albert Minor
 Ken & Barbara Monty
 Gordon & Virginia Nelson
 Old North Knoxville, Inc.
 Peace Lutheran Church
 Peace Lutheran Church Youth
 Group
 Nicholas Potter
 Nancy Rodgers
 Rogers Memorial Baptist Church,
 Gerleter Harshaw Fund for
 the Needy
 Hudson & Mary Topping
 James & Michele Valkenaar
 Dale & Laura Walker
 Sue West

In Honor or In Memory of...

In Honor of Jean Culhane
 Wayne & Donna Eberenz
*In Honor of Mr. & Mrs. Ross
 Faires, Mr. & Mrs. Jim Haslam,
 Dr. & Mrs. Clifford Johnson, Dr.*

*& Mrs. George Krisle, Mr. &
 Mrs. David Smith, Mr. & Mrs.
 Hiram Tipton, & Cathy*

Ackerman & Tommy Walker
 Sherri Parker Lee

In Memory of A. T. Horne
 Horne Properties

In Memory of Grace Horne
 Doug Horne

*In Memory of Edward & Helen
 Kozlowski*
 Anonymous

In Memory of Clara Moody
 Wanda Moody

In Memory of L. T. "Luke" Ross
 Gwendolyn Ross

In Honor of John Rowntree
 Sam & Mary Anne Beall

In Honor of Evelyn Silvus
 David & Vim Silvus

In Honor of Ravinder K. Sood
 Maharaj & Margaret Sood

*In Memory of Esther Stevens &
 Leona Simmons*
 Terry & Pamela Simmons

*In Honor of Marion Stout's 110th
 birthday*
 Eleanor Barker

Two seniors for one year
 BWXT Day of Caring

Jimmy's Original Southern Pub
 Benefit Golf Tournament
 Westminster Presbyterian Church

In Honor or In Memory of...

In Memory of Joan Garza
 Barbara Kelly

Three seniors for one year

Mr. & Mrs. J.W. Lee
 Shoney's Restaurants' customers
 Thrivent Financial for Lutherans,
 Knox County TN Chapter

Four seniors for one year

Anonymous
 Chick-fil-A customers, Kingston
 Pike & Turkey Creek

Five seniors for one year

Farragut Presbyterian Church
 First Farragut United Methodist
 Church

Seven seniors for one year

West Knoxville Rotary Club

115 seniors for one year

United Way

135 seniors for one year

Knox County Mayor and
 Knox County Commission

The contributors listed on page 9 and continued here are Adopt a Senior sponsors only. Additional contributors to the Mobile Meals program and other Office on Aging programs are listed above.

All Office on Aging programs rely on community support. Both cash and in-kind contributions (donations of materials and services) are appreciated and recognized in the contributors' list.

To Keep You Informed



Holiday closings: The Office on Aging, CAC administrative offices, O'Connor Senior Center, and all Senior Nutrition Program dining rooms will be closed on **Monday, February 19**, for **Presidents' Day**. Mobile Meals participants will receive a boxed lunch for the holiday.



The Seniors Seeking Employment workshop helps seniors who are entering or re-entering the job market. Sessions in the four-week workshop include attitude and first impressions, interviewing, skills assessment and resumes, and reasons for hiring the older worker. Guest speakers sometimes come to talk about employment issues relevant to seniors. The workshop meets on Thursdays from 2:00 p.m. to 3:00 p.m. at the L. T. Ross Building, 2247 Western Avenue. The workshop is free but you must register by calling the Senior Employment & Training program at 524-2786.



The Interagency Council is made up of social services professionals who serve senior citizens. The group allows these workers to network, to share information about new services and programs in the community, and to hear a speaker on a relevant topic. The

meetings are held on the third Wednesday of each month at 3:00 p.m. at the L.T. Ross Building, 2247 Western Avenue. The speaker at the **February 21** meeting will be Ashley Ogle from KCDC residential services.



RSVP (Retired & Senior Volunteer Program) can help you locate a great volunteer opportunity.

Check out the following listings for February and call 524-2786 for details or for other available openings. Benefits include travel reimbursement and insurance while volunteering.

Sign up early to help Knoxville host the **AAU Junior Olympics** in July. **Listen to children read** at Maynard Elementary School one hour each week. "Adopt" a homebound senior in **Senior 4 Senior** to assist with essential errands such as grocery shopping.



The Family Caregiver Support Program's Caregiver Meetings are for

anyone of any age who is a caregiver for a senior citizen. **New this month:** the caregiver meeting will be offered twice on the second Tuesday of each month, from 1:00 p.m. to 2:30 p.m. and from 5:30 p.m. to 7:00 p.m. at the L.T. Ross Building, 2247 West-

ern Avenue. Each month there is an informational program of interest to caregivers. The next meeting is on **February 13**. Refreshments are served. Call 524-2786 to register (not required).



Friends of Mobile Meals meet to talk about ways to promote the Mobile Meals program.

The group's goals are to increase public awareness, raise money, and recruit volunteers for the program. The group usually meets on the first Wednesday of each month at 1:00 p.m. at the Mobile Meals Kitchen, 1747 Reynolds Street. The next meeting will be on **February 7**. Call the Senior Nutrition Program at 524-2786 for information.



The Knox County Health Department will present free classes on "Living With Diabetes" every

Thursday afternoon, 2:00 p.m. to 4:00 p.m. in February in its auditorium at 140 Dameron Avenue. Call 215-5180 for information and to register. Classes are taught by a physician, nutritionists, nurses, and other healthcare educators who will provide information on a variety of topics, including diet, medications, exercise, travel, stress, eating out, and more. There will be time for discussion and questions at each session

Elder News & Views is a publication of the Knoxville-Knox County Council on Aging. The Knoxville-Knox County Community Action Committee Office on Aging prepares this publication monthly for the older citizens of Knoxville and Knox County. It is printed and mailed with the generous support of Covenant Health, the *News Sentinel*, Patricia Neal Rehabilitation Center, and St. Mary's Health System.

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Love Your Heart, page 2
Mobile Affordable Meal Service, page 4



Volunteer Respite Program, page 3
O'Connor Senior Center Schedule, pages 5-8

IVhin to Facilitate Info-Sharing Among Doctors

Council on Aging meetings

Date: Thursday, February 8

Time: 2:00 p.m.

Place: O'Connor Senior Center,
611 Winona Street

If you go to a doctor, any doctor, you know the routine: Start the appointment out by filling out *the information form*, the same form you filled out last time and the same type of form you fill out for every healthcare provider. *And* another familiar drill is to complete *the permission form* to have records transferred from one physician to another. It seems that with modern technology, when one can receive e-mails almost immediately from around the world, doctors could have a more efficient and secure system of sharing and

storing information.

GREAT NEWS: It is in the works. Come to the Council on Aging meeting to learn more.

The Innovation Valley Health Information Network (IVhin) is a revolutionary new initiative that will allow healthcare facilities in a 17-county East Tennessee region to share patient information. In conjunction with the Patient Safety Institute, a national organization based out of Plano, Texas, this initiative is a proposed national model for a community healthcare collaboration.

This system will, when fully implemented in early 2008, increase and improve the quality of care, quality of life, and health of East Tennesseans; save lives; reduce the cost of healthcare services; provide healthcare professionals an auto-

mated source of necessary information; provide an innovative answer to solving community health issues that only a neutral and trusted third party like IVhin can facilitate; and create visibility for East Tennessee on the national level as being a progressive, caring community that can collaborate even among competing organizations for the well-being of the people of the region.

IVhin executive director Alan Hill will make the presentation. Hill has been involved for 25 years in the fields of telecommunications and information technology and has had experience with telemedicine networks with higher education and healthcare projects over his career.

Refreshments for the meeting will be provided by Elmcroft Assisted Living. ♥
