
❖ Elder News & Views ❖

Knoxville-Knox County Office on Aging

August 2006

O'Connor Center Fall Kickoff Celebration, Sept. 5

FALL PROGRAM GRAND Kick-Off EVENT

Become a player on the winning team at the O'Connor Senior Center. Tryouts are not required but to ensure your place as a "starter" on the team, plan to **attend the grand kick-off event** that will introduce the exciting slate of fall programs at the center. The event will be held at the O'Connor Senior Center, 611 Winona Street, on **Tuesday, September 5**. Activities will begin at 11:00 a.m. and include a *free* "Smokey Dog" lunch, autograph-signing party with Rick Russo of WVLTV and the All Vol Band and some surprise guests.

The O'Connor Senior Center is a part of the Knoxville-Knox County Community Action Committee's Office on Aging and is the largest senior center in the area. The O'Connor Center serves as a community focal point where Knox County senior adults age 55 and over can gather to socialize, participate in programs that will improve and enrich their quality of life, and broaden their involvement in the community. It is an activity center, not a nursing home, and an average of 200 persons attend the center daily. There is no membership fee to attend the center although some programs do have a small fee to cover their costs. Scholarships are available on a limited basis.

The Center strives to be a place where senior adults can add *life* to their years, and programs are available to keep both the body and mind active. Center staff have been busy throughout the summer planning programs and activities to meet this

goal and these programs will be previewed at the fall kick-off. Several new classes and activities have been added to the calendar and there will be an opportunity to learn more about each of these on September 5.

Whatever your game or your level of play, there is a spot for you on the O'Connor Senior Center winning team. Call the Center at 523-1135 to register for the fall kick-off and get ready for a great season.

SPECIAL EVENTS

Special events are scheduled for each month at the O'Connor Senior Center.

August

August leads off the special events with a late summer "Hoe-Down" on Tuesday, August 15, at 1:00 p.m. The House Mountain Grass Band will provide the musical entertainment. Refreshments will be served.

September

The fall kick-off will get September off to a great start. The Second Annual O'Connor Open at Three Ridges Golf Course will be on Friday, September 15 (see page 3 for details). A Fall Festival of Healthcare on September 27 will close out the month with vendors, health screenings, education, and other activities.

October

Flu shots are on the schedule for the month of October. A Saturday flu shot clinic is planned, and the date will be announced as soon as possible. Center staff will once again join with the Tennessee Stage Company for a dinner theater on Sat-

urday, October 28. This will be an evening with good food, a live auction, and a memorable presentation of *The Miracle Worker*.

November

The Thanksgiving dinner scheduled for Thursday, November 16, is the feature for the month. Law Talk, presented by the Knoxville Bar Association, will be held at the center on Saturday, November 18.

December

Plan to begin the holiday season by attending the O'Connor Christmas Party on Thursday, December 7. The O'Connor Singing Seniors will present their holiday concert; the revitalized O'Connor Drama Group will make their debut; and Santa may even make an appearance. December 12 will be the date for the evening Christmas dinner, so mark your calendars and get out your favorite holiday garments for that event.

In addition to all of these special programs, O'Connor favorites will return and several new programs will appear on the monthly calendar.

TRAVEL OPPORTUNITIES

Many exciting trips are planned for the coming year. Motor coach excursions and cruises will be on the travel calendar. The monthly trip to Cherokee, N.C., with Jim and Frankie Hicks will continue. Attend monthly travel meetings held at the center on the fourth Monday of each month at 1:00 p.m. to learn of trips planned by Baptist Senior Services, Country Roads Tours, Inc., MoeFaye Travel (Covenant Passport), and St. Mary's Community Services. ❖

Elder News & Views Now Available Online

Readers Can Sign Up to Receive Free Newsletter by E-Mail

Elder News & Views is now available on the Internet. It can be viewed on the Knoxville-Knox County CAC web site at www.knoxcac.org. It is under Publications and the three most recent issues are there for your review. You must have Adobe Reader to view the newsletter; if you don't have it, you can download it free from www.adobe.com. Many newer computers will automatically take you to a site to download Adobe Reader if you don't have it.

The staff of the Office on Aging wants to make the newsletter available to as many people as possible while also making the best use of its resources. Mailing costs went up last January and the postal service is projecting another postal increase in 2007. The Office on Aging is currently printing and distributing about 16,000 copies of the newsletter 10 times a year.

"New readers are always discovering the newsletter, and the mailing list continues to grow, as we want it to," said Barbara Monty, director of the Office on Aging. The average cost of mailing *Elder News & Views* is about

\$3.00 per year for each recipient. The cost has been going up each year, making it harder and harder for our generous sponsors to continue their support. Longtime sponsors Baptist Health System, Covenant Health, and St. Mary's Health have been joined by Cariten and John Deere this year to underwrite the cost of printing and mailing each issue.

"We realize that the Internet version of the newsletter is not for everyone. We plan to continue to print the paper version and mail it to anyone who wants it," Monty said.

However, those who *are* interested in the online version can take a look at it and see if they would be willing to receive it that way instead of in the mail. If you are so inclined, please e-mail us at knoxooa@knoxcac.org and tell us to take your name off the mailing list and add you to the e-mail list. We are collecting names and e-mail addresses of those people who agree to give up the paper version and read it on the Internet (it can also be printed from your home computer). You will receive an e-mail each month telling you that the latest ver-

sion is available for viewing and giving you a clickable link that will take you to the newsletter. We are very grateful to the University of Tennessee, which has agreed to maintain the list of e-mail addresses in a safe and secure environment. The Office on Aging policy of not selling or sharing its mailing list will apply to our e-mail list as well.

If you wish to continue to receive your copy in the mail, we will be happy to continue. If you can afford to contribute \$3.00 or more to help cover the costs, that would be wonderful, but it isn't required. Mail any contribution to Elder News & Views, Office on Aging, P. O. Box 51650, Knoxville, TN 37950-1650.



Help the Office on Aging use your tax dollars wisely (and save a few trees while you're at it). Try *Elder News & Views Online*.

Project LIVE Volunteers Help Seniors Stay in Homes

Imagine being at home alone; you are too frail from a chronic condition or recent illness to drive a car or to catch the bus. You need groceries or to get to a doctor's appointment but you have no one to take you. Your home is slowly falling into disrepair, but you can no longer fix things like you used to, and you can't afford to pay someone to do the work. You have no family in town to call on; your friends can't help because they are in similar situations. What would you do?

The answer for many Knox County senior citizens is Project

LIVE (Living Independently through Volunteer Efforts). The program, run by the CAC Office on Aging, enlists volunteers to take frail older persons to the doctor, the grocery store, the pharmacy, wherever they need to go. Volunteers help the clients to the car, help them into the store or doctor's office, help them do their shopping or stay with them in the doctor's office, then take them home. Volunteers also help out around the home, performing minor home repairs and yard work, or even taking pets to the veterinarian.

The program's Grady Campbell

Home Repair Project is always looking for people who can perform minor home repairs for seniors. This would include people who can do plumbing, electrical work, carpentry, or other types of home repair. Volunteers don't have to be "professionals."

Churches and businesses often provide a group of people who can work on a big project, such as repairing a porch or cleaning up an overgrown yard.

To become a Project LIVE volunteer, call Nancy Walker at 524-2786. ♦

Team Up to Tee Off at O'Connor Open, Sept. 15



Three Ridges Golf Course will be the site of the Second Annual O'Connor Open on Friday, September 15. The inaugural Open in 2005 was so successful

that this year's event has been expanded to include both a morning and afternoon flight. WVLT-TV and B97.5 Radio will be the media sponsors this year, and Mayor Mike Ragsdale and Rick Russo of WVLT-TV will get play started. Suzanne Strudwick with Golf Tour Academy will be on hand to cheer on all of the

lady golfers.

The tournament includes a barbecue lunch cooked on site by the prize-winning team Dead End Society. The Tennessee/Florida football game will be played the following day, so you just might find some "gator" meat on the menu.

Prizes for hole-in-one shots include a 2006 Chevy Equinox provided by Rodgers-Fore Auto Mall of Lenoir City and a 2006 golf car donated by Wayne Sutton Golf Cars of Sevierville. Cash prizes will be presented for first, second, and third places. The goody bag and door

prizes are sure to be the talk of area golfers.

The O'Connor Open is a fund-raising event for the O'Connor Senior Center and is sponsored by the O'Connor Advisory Board and the O'Connor Senior Center. Sponsorships are still available and are tax deductible to the extent allowed by law. Player registration is on a first-come, first-serve basis. Registration forms are available at the O'Connor Senior Center at 611 Winona Street.

For information, please contact Sue Massingill at 523-1135 or e-mail her at smassing@knxcac.org. ❖

Senior Companions Help Others and Themselves

"It's the hidden jewel of the health care system." This is how one local social worker describes the Knoxville Senior Companion Program. Some of those who have been helped by the program have described it as "sent from heaven" and "too good to be true."

The main purpose of the Senior Companion Program is to help frail seniors remain in their homes and out of institutions. This is possible because of the special group of volunteers—the Senior Companions—who go out every weekday to spend time with older adults who want companionship and need a little help with activities such as meal preparation and personal care.

One of the features of the Senior Companion Program that makes it unique is that it is seniors helping seniors. Because the volunteers are seniors themselves, they often share similar backgrounds, experience, and history with their clients, helping them forge a bond that would simply not be there with a younger person. Also, many of them have felt lonely, isolated, and useless.

"Companions help frail seniors remain in their homes as long as possible and still maintain their pride and dignity," said Senior Companion Program manager Dianne Rauhoff. "Because the program fills such a needed place in senior services, there is always a waiting list and we al-

ways need more volunteers." There is no charge to clients of the program, but there are about 250 people on the waiting list. Currently, 128 Senior Companions in Knoxville serve 256 clients.

Senior Companion volunteers receive a \$2.65 per hour stipend, transportation expenses, and a small lunch reimbursement. However, there are other important rewards of being in the program: many Companions have a renewed sense of purpose for getting up in the morning; they feel useful and needed again; and they have the satisfaction of knowing that they are making a vital contribution to the community. ❖

Dog Days Got You Dragging? Become a Senior Companion.

Perk up and feel like a whole new person when you help others
(and get paid for it!)

If you are at least 60 years old and live on a limited income, you can receive a stipend of \$229.00 a month by being a Senior Companion for four hours a day. Money received does not affect other benefits (rent, food stamps, SSI, disability, etc.). Senior Companions act as companions in the home for frail older persons. **Paid training begins soon.**

Call 524-2786 for information.



RSVP Volunteers “HUG” Habitat for Humanity Homeowners

HUG History

Volunteers from the Retired & Senior Volunteer Program (RSVP) have “hugged” more than 40 local Habitat for Humanity homeowners with beautiful plants and landscaped gardens through an innovative program called Habitat Urban Gardens (HUG). The program is the brainchild of Dave Craig, a master gardener, who was also on the RSVP board at the time.

Craig has long had an interest in plants and gardens and he brought that love with him when he joined the RSVP board in 2003. He came up with the idea of using his expertise as a master gardener and enlisting other volunteers to help Habitat homeowners make a landscape plan for their new yards and to educate them on the care and maintenance of their plants and gardens.

The project began in 2004 and will have provided landscaping for 50 homes by this November.

HUG Wins Award

HUG is considered such an innovative program that it has recently won a Habitat for Humanity Pioneers in Excellence award. The program was one of two nationwide that won the Clarence Jordan award for starting a program that could be easily replicated by other Habitat programs, was relevant for Habitat homeowners, had an impact on the community, and was innovative and creative. By beautifying the yards of Habitat homes, HUG has helped the Knoxville Habitat program counter community complaints that Habitat houses did not enhance the communities in which they are located.

As part of their requirements to qualify for a Habitat home, low-income families must attend classes



Dave Craig and Marita Steward hold a HUG bucket, featuring one of the bucket aprons made especially for HUG by a group of RSVP volunteers.

on a number of topics relevant to homeowners and then put in “sweat equity” by working on their own and other Habitat homes, building the houses from the ground up.

Knoxville Habitat homeowners can now receive five hours of classroom instruction on designing a landscape and caring for their new plants. They learn which plants will work best in their yards, and then they work with a volunteer landscape designer to develop their landscape plans. In the class, they receive a homeowner’s gardening handbook, with sections for their landscape designs, class notes, articles about plants, and notes for their follow-up visit.

HUG Helpers

Plants are donated by a number of local nurseries and individuals. Other plants are grown from cuttings by Craig and other gardeners, using greenhouse space donated by CAC Beardsley Farm, the University of Tennessee, and the O’Connor Senior

Center. Then the homeowner and Habitat volunteers have a gardening day in which they plant the homeowner’s new trees, shrubs, and flowers according to the landscape plan. This is done in one day, often in one hour, depending on the number of volunteers and family members doing the work, Craig said. Each homeowner has a follow-up visit from a master gardener to be sure that the plants are healthy and thriving in their new location. Any concerns or questions the homeowner is having with his or her plants are addressed during the follow-up.

HUG Buckets

While working on Habitat gardens, Craig used five-gallon buckets for hauling soil, mulch, and water. At the end of the day, he would leave the useful buckets with the homeowners for their future gardening. After working on a number of HUG homes, Craig realized that something more was needed: a way to carry one’s gardening tools from place to place along with the bucket.

That’s where RSVP board member Marita Steward stepped in. Steward designed a fabric apron that fastens around the gardening bucket. A team of RSVP volunteers from Willing Hands Quilting Circles at Beechgrove Baptist Church in Blount County make the aprons, which have a number of deep pockets for holding gardening tools and supplies. The aprons are easily removed so that the bucket can be emptied without dumping the contents of the apron.

For More Information

To learn more about the Habitat Urban Garden project or about becoming an RSVP volunteer, call Becky Hare at 524-2786.

O'Connor Senior Center August Schedule

The Center will be **CLOSED** on the following day:
Monday, September 4, Labor Day

AUGUST SPECIAL EVENTS

Exceptional Tours Harrah's Trip, Tuesday, August 8. Leave O'Connor Center at 8:00 am, return by 7:00 pm. Cost: \$27. You will receive a \$20 voucher from Harrah's to start you out. For more details, please call Frankie or Jim Hicks at 525-1475, or come by the O'Connor Center to sign up and pay for your trip.

Late Summer "Hoe-Down," Tuesday, August 15, at 1:00 pm. Put on your overalls, straw hats, bandanas and come on down to the O'Connor Center for a hand-clapping, leg-slapping good time! Entertainment will be provided by House Mountain Grass Band; refreshments will be provided. A \$1 contribution would be appreciated. Please call 523-1135 to register.

Meet Me at the Movies, Monday, August 21. Please call the Center on Monday morning to find out details of what movie, time, and location.

AUGUST PROGRAMS

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

50+ Advanced, Mon., Wed., Fri. Increased level of intensity for those who need a strenuous workout. Cost: \$1 class.

50+ Regular, Mon., Wed., Fri. Low impact but moderate intensity class focusing on cardiovascular, muscular endurance, flexibility, coordination and balance. Cost: \$1.

AARP Chapter #85 Board, Wednesday, August 2.

AARP Chapter #85 meeting, Wednesday, August 16.

AARP Driver Safety Program, not meeting in August. Please call Leo Holloway at 524-4577 for information about September classes.

Armchair Travelers, will resume in the fall.

Beginners Conversational French, Tuesdays. For those who are preregistered for 10-week course.

Beginners Line Dance, will resume in the fall.

BINGO at O'Connor, Wednesdays at 1:30 pm. Weekly BINGO at O'Connor. In order to have prizes for the games, we ask that each player bring a small prize.

Birthday Party, Wednesday, August 23. Cake & ice cream provided by Manorhouse Assisted Living, and BINGO sponsored by Jeff Headrick and Associates.

Bible Study Group, "Seekers," Fridays. A study of the Bible led by Asa Bishop.

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

Blood Pressure Checks, Monday-Friday, 11:00 am-12:00 pm. The full-time staff nurse will help you monitor your blood pressure. Thursday blood pressure checks are provided by Priority Healthcare Services.

Bowling at Fountain Lanes, 1st & 3rd Monday of each month. If you enjoy bowling and the company of others, come join this group! Meet at Fountain Lanes on Broadway. Games for only \$1!

Camera Club, will resume in the fall.

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

Ceramics, will resume in the fall.

Chew Crew, Wednesdays. August 2: Abuelo's Mexican Food Embassy at the Pinnacle. August 16: Italian Market & Grill on Kingston Pike.

Creative Writer's Workshop, Mondays, August 14 & 28. If you are a writer or interested in becoming a writer, join this group for an uplifting time.

Dance Club, Friday, August 4. 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, August 4, 18 & 25. Cost is \$4 for members, and \$5 for nonmembers.

Saturday night dance, August 12. Cost is \$4 for members, and \$6 for nonmembers.

Diabetes Support Group, Friday, August 18. Topic: "Check It Out: Tips for Better Blood Glucose Checks."

Earth Science, will resume in fall.

Exceptional Gift Shop, Features collectibles and hand-crafted items made by seniors at the O'Connor Center.

Financial Forum, will resume in fall.

Flower Lovers, Thursday, August 3. Topic: *Herbs*, led by Opal Hurst.

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

Garden Club, Monday, August 14, "Planting and Caring for Your Favorite Bulbs," presented by Lisa Phipps, Master Gardener.

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

Genealogy Research Group, will resume in the fall.

Greenhouse Workers, will resume in the fall.

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

Happy Hikers, Thursdays, August 10: Picnic at Metcalf Bottoms and hike to Little Greenbrier School; August 17: Mini-hike; watch for details in Sunday's *Knoxville News-Sentinel*; August 24: Burgess Falls bus trip; call 523-1135 to register; August 31: Ijams: Will Skelton Greenway.

Knitting & Crocheting, will resume in the fall.

Legal Assistance, Mondays, August 7 & 21. To schedule an appointment for free legal services, call 637-0484.

Low Vision Support Group, Monday, August 21. Support group for folks with little or no vision.

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.

O'Connor Travelers Meeting, will resume in fall.

PACE Exercise class, Tuesdays & Thursdays. Exercise class for those with limited mobility. Cost: \$1.

Painting, will resume in the fall.

Party Bridge, Monday through Wednesday.

Powder Puff Pool, Tuesdays. Pool for ladies.

Quilting, Tuesdays. Great time of fellowship and instruction for those with any level of experience.

Scrapbooking Fun, Friday, August 18. Bring present projects you are working on.

Seniors for Creative Learning, will resume in the fall.

Singing Seniors, will resume in the fall.

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

Texas Hold 'Em Poker Club, Wednesdays. For those interested in learning to play for prizes; \$2 contribution.

Toenail Clipping, Tuesday, August 8, by Patricia Williams, certified nail technician, cost \$12. Please call 523-1135 for an appointment.

U.S. and Global Economy, will resume in the fall.

Water Aerobics, Tuesdays & Thursdays. Cansler Family YMCA. Cost: \$2. Call for information.

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. Personal instruction and fellowship with other men and women woodcarvers.

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 programs followed by potluck lunch. August 8: Health Screening (cholesterol, blood sugar, and blood pressure) starting at 8:30 am. You must fast for this screening. However, you can take your morning medicine with water and may have black coffee. August 22: BINGO.

StrawPlains Community-Lyons Creek Baptist Church

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

FALL PROGRAMS

Fall kick-off event at the O'Connor Senior Center will be held on Tuesday, September 5, 11:00 am. Activities will include a **free** "Smokey Dog" lunch, autograph-signing party with Rick Russo of WVLT-TV, and the *All Vol Band*, and some surprise guests. Mark your calendar for this GREAT event! Please call 523-1135 for reservations.

All programs that have been on vacation during the summer will return to their regular meeting dates beginning in September, except painting, which will begin in October. Several new classes and activities have been added to the calendar for fall; watch for more details. See article on page 1 for more information.

Tennessee Valley Fair, Tuesday, September 12, Senior Day at the Fair. Remember to come by the St. Mary's Health System tent for senior events.

The John T. O'Connor Senior Center 2nd Annual Golf Tournament, Friday, September 15. Sponsorships still available. Team sign-ups are being taken now. See page 3 for details.

Fall Festival of Healthcare, Wednesday, September 27, 9:00 am-12:00 pm. Mark your calendar to attend this great event. Updated health information, free screenings, refreshments, and lots of fun!

Appreciation

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

Donations to Center:

Exceptional Gifts	Jim & Frankie Hicks
Seniors For Creative Learning (SCL)	O'Connor Quilters TVA Retirees

In Memory of John H. Robinson

Barbara H. Monty

In Memory of Juanita Fasola

Doris S. Chandler

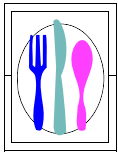
For Support of Singing Seniors in Memory of John H. Robinson

Mr. & Mrs. Robert Harvey

In Memory of A.C. Kimbrough

Market Group

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 column 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 May & June 2006.

Barbara Abner
George & Kathryn Adams
Bob & Marie Alcorn
All Saints Catholic Church
John & Lynn Anderson
Anonymous (10)
Ron & Jeanne Beatty
Beaver Creek Cumberland Presbyterian Church, Searcher's SS class
Henry Bertelkamp, Jr.
Mr. & Mrs. John C. Broussard
Mary Bungard
Katherine Carr
Jefferson Chapman
Bruce & Lynn Charles
Donna Cobble
Concord United Methodist Church
Concord UMC, Souper Sunday
Dorothy J. Crist
Denark Construction
Dudley & Zara Dewhirst
Elmcroft of Halls
Fidelity Charitable Gift Fund
First Presbyterian Church, James Park Men's Bible class
Bill & Georgann Foster
Fountain City Presbyterian Church, Waystation Class
James & Connie Gillespie
Mildred Gregg
Helen J. Heatherly
Connie Hutchins
James Edward Irwin
David R. James
Arlene Katz
Kiwanis Club of Norwood
Ken Knight
Lake Forest Presbyterian Church
Marie Ledgerwood
Mrs. McAfee Lee
Sherri Parker Lee
Mr. & Mrs. James Lovell
Chris T. McAlister
Sarah McNeil
Meridian Baptist Church, Ready SS class
Tom & Cheryl Midyett

James Milam
Ann E. Mitchell
Newcomers Club of Knoxville
Deborah Noonkesser
Marie Norman
Fran, Jr., & Mary Helen Olmstead
Annie B. Patton & Gloria K. Lane
Pilot Corp. "Employee Jeans Day"
Robert Pletz
Regional AARP
Natalie Robinson
William S. Rukeyser
Salem Baptist Church, Buster Watson SS class
Sample Makers, Inc.
Mr. & Mrs. William Sansom
Second Presbyterian Church of Knoxville

Bo & Mary Shafer
William L. Shanks
Harry & Pam Sherrod
Mrs. James F. Smith, Jr.
Vaughn Smith
Mary Sowell
Thomas I. Stephenson, III
Harry & Sarah Stowers
Wes Stowers
Robert Talbott
Louis & Betty Thacker
Joseph & Elizabeth Thompson
T. W. Hill Trucking, LLC
Bill C. Wallace
Welcome Wagon Club of Knoxville
Rasho & Myona Winget
Mike & Gail Wood

In Honor or In Memory of...

In Honor of Regina Aarons
Dwight Aarons
In Memory of Henry & Nellie Adkinson
Anonymous
In Honor of Tom & Midge Ayres' 50th anniversary
East TN Fdn., Gordon & Nancy Thomas Fund
In Memory of Frances Baldwin
First Baptist Church, First Community class
In Memory of Lillian Barber & Lillian Huie
Joe & Jeanne Huie
In Honor of Corrine Belcher
Red Hat Society, Chap. 32799
In Honor of Aggie Bell
Kenneth & Jane Creed
In Memory of Viola E. Church
Lorraine Church
In Memory of Jewell Lee Crow Claborn
Mary K. Bruce
In Honor of Lucille Clemmons
Harold & Evelyn Clemmons

In Memory of August & Martha Dudenbostel

Gretchen Kaplan

In Memory of J. Marsh Frere, Jr.
Guyton & Frere

In Honor of Emily Currin Gardner
Ellen Oblow

In Honor of Marie Harbison
David & Amy Belew

In Memory of Lawrence Harris
Gwinnett Co. Dept. of Human Resources staff

In Honor of R. V. Jolley & in Memory of Julia Wrenne Payne
Dr. James & Jan Benton

In Honor of Sherri Lee
Jim & Jan Hart

In Honor of Audrey Livingston
Philip Livingston

In Honor of residents of the Manor at Northgate
Anonymous

In Honor of our many friends
Mark & Carol Hartley

In Memory of Maria Maraveleas
Chris Pienkowski

In Memory of Nana Faye McElroy
Michael Burke & Janelle Stueck

In Honor of Fred & Penny McMillan

Freda Truesdell

In Memory of John L. McRae
John & Sharon McRae

In Memory of Shirley Reeves Moore
Robert M. Hunt

In Memory of Ester Oken
Jeanette Kelleher, Gregory Stein & Rita Kelleher

In Memory of Charles Patton & Margaret McCord
Raymond McCord & Sharon Patton

In Honor of Nellie D. Petree
Juanita Petree Church

In Honor of Joan Regester
David & Stacey Schmid

In Memory of Marty Sallings
Ernestine Day

In Memory of Dr. Ed Schaumburg
Joanne Schaumburg

In Honor of Rev. & Mrs. Martin Singley, Dr. & Mrs. Bill Crowder, Dr. & Mrs. Ken Christenberry, Mrs. Joanne Schaumburg, Dr. & Mrs. Dennis Coughlin, Dr. & Mrs. J. W. Bell, and Mr. & Mrs. Buck Blalock.

J. S. & Phyllis Marcy

In Memory of Earl B. Stauffer
Michael W. Stauffer

In Memory of Edythe M. Tipton
Laura White Price

In Memory of Carl Wallis

Dr. Alan Solomon & Andrea Cartwright

In Memory of Fylma I. Witt
J.P. Witt

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

Accutech
Janice Lou Alley estate
Anonymous (5)
Tom & Kirby Bell
Bernard & Barbara Bernstein
Pete Biasella
Earl Bishop
Gerhard & Margaret Blombach
Church of the Savior United Church of Christ
Jim & Kay Clayton
Pete & Cindi DeBusk
Emerald Housing Partners
Faith United Methodist Church, Crossroads Youth
Judith Arleen Fleenor
Tom & Anna Ford
Geoquill Services, Inc.
Harold & Nannie Greene
Sherrill & Rebecca Greene
Carl & Donna Hatmaker
Rob & June Heller
Mark & Sally Hester
Richard & Jacki Imbrey
E. Ronald & Betty Jackson
KICCUP Easter Sunrise Service
Mr. & Mrs. Russell B. Kuhlman & Carol Simpson
Lady Vols Basketball fans
David & Mary Jane Lindholm
Rev. & Mrs. Albert Minor
Ken & Barbara Monty
Mount Olive Baptist Church, Ruth SS class
Gordon & Virginia Nelson
Old North Knoxville, Inc.
Peace Lutheran Church
Peace Lutheran Church Youth Group
Nicholas Potter
Purgason Painting
Nancy Rodgers

(Continued on page 10)

The contributors listed here are Adopt a Senior sponsors only. Additional contributors to the Mobile Meals program and other Office on Aging programs are listed 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 May & June 2006.

Grandparents As Parents Program

Mark Feehan

Mobile Meals

Anonymous
Jane Armstrong
Dave R. Bethel
Jessie E. Black & Madonna Ann Bachman
Jeff & Denise Barlow
Jeanne Calloway
Colonial Heights United Methodist Church, J. Ray Stuart SS class
Robin L. Cuany
Gwen Graves

Julius Gregg
H & R Block
Alice Irick
Boyce & Jo Ella McCall
Mary Merwin
Jesus Navarro
Oakwood Baptist Church,
Homemakers class
Marjorie S. Patrick
Jack & Sandra Sellers
Benjamin Smith
Smithwood Baptist Church,
Joy class
Michael Stauffer
Sunshine Society of TN, Lucile M.
Tapp Chapter
Carolyn Wells
Bill R. Woods

In Honor or In Memory of...

In Memory of John K. Bowers & Betty Lynn White
Hobart Palmer

In Memory of Agnes Cook
Diane Cook
In honor of Mrs. Faye Gadd
John & Karen Needy
In honor of John & Mary Keele
David & Mary Heimbaugh
In Memory of Mary Ellen Keith
Anonymous
In honor of Joe McReynolds
David & Mary Heimbaugh
In Memory of Betty Louise Shelton
Mary M. Rule

Office on Aging

Richard Holt

Project LIVE

Bruce Bower
Cheryl Fisher
Men of Measure

Senior Companion Program

Baptist Health System
Comfort Keepers

Continuum Courtyards
Covenant Senior Services
Davidson Consulting
E. V. Davidson Recreation Center
East TN Personal Care Service
Knoxville Linen & Towel Service
Marty Marsh
Merita Bread Store (Washington Pike)
Petree's Flowers
Ramsey's Cafeteria
S & S Cafeteria
St. Mary's Health System
Annie Stephenson
Nancy Walker



Contribution Notes

We wish to thank all who give so generously to programs of the Office on Aging.

❖ Both cash and in-kind contributions (donations of materials and services) are appreciated and recognized in the contributors' lists.

❖ Thanks to challenge grants given by two local foundations, donations to the Mobile Meals program will be doubled. For example, if you donate \$58.50—enough to feed one senior for a month—your gift will enable the program to actually deliver meals to one senior for two months.

❖ A donation to an Office on Aging program in honor or in memory of a loved one is the perfect way to pay tribute to a special person.

ADOPT A SENIOR SPONSORS

(Continued from page 7)

Rogers Memorial Baptist Church,
Gerleter Harshaw Fund for the Needy
Lanny & Miriam Seylar
Hudson & Mary Topping
James & Michele Valkenaar
Dale Walker
Wal-Mart Foundation
Sue West

In Honor or In Memory of...

In Honor of Jean Culhane
Wayne & Donna Eberenz
In Memory of Ted & Hazel Davis
Lois Long
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 Wilma & Susan Floyd
Carl Floyd
In Memory of Fred French & Violet Chambers
Betty Lane
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 Jane R. Savage
Lois Dickey
In Honor of Evelyn Silvus
David & Vim Silvus
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

Chick-fil-A customers, Kingston Pike & Turkey Creek
City of Knoxville Improvement Funds as requested by council members
Bob Becker, Mark Brown, Barbara Pelot, Rob Frost, Steve Hall & Chris Woodhull
Erin Presbyterian Church
First Baptist Church, Pastoral SS class
Mr. & Mrs. J.W. Lee
St. James Episcopal Church
Victory Chapel Baptist Church
Wal-Mart store #2932

In Honor or In Memory of...

In Memory of Joan Garza
Barbara Kelly
Three seniors for one year
Shoney's of Knoxville
Shoney's Restaurants' customers

Four seniors for one year
Anonymous

Five seniors for one year
Akima Club
Farragut Presbyterian Church
First Farragut United Methodist Church

St. Mary's Foundation

In Honor or In Memory of...

In loving memory for dedicated and faithful service to our loving parents, Thomas & Irene, from two grateful sons

Seven seniors for one year

Thrivent Financial for Lutherans,
Knox County TN Chapter
West Knoxville Rotary Club

11 seniors for one year

Anonymous

14 seniors for one year

Mount Rest Home Foundation

28 seniors for one year

Alstom Charity Golf Tournament and sponsors Avalotis, Burnham Industrial Contractors, Classic Industrial Services, Control Manufacturing, Effox, Gould Erectors and Riggers, Jernigan Engineering, Lambert Engineers, L-S Industries, Neill & Gunter, New York Blower, Pip's Iron Works, PSP Industries, Rodgers-Turner & Associates, Structural Steel Services, TLT Babcock, Truskil Machining, Warner-Luce, Jim Yann

115 seniors for one year

United Way

135 seniors for one year

Knox County Mayor and
Knox County Commission

142 Seniors for one year

Anonymous foundation, matching grant

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 for **Labor Day, Monday, September 4**. Mobile Meals participants will receive boxed lunches for this day.



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 meets on the first Wednesday of each month. There will be **no August meeting**. The next meeting will be on **September 6** at 1:00 p.m. at the Mobile Meals Kitchen, 1747 Reynolds Street. Call the Senior Nutrition Program at 524-2786 for information.



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. There will be **no August meeting**. Plan to attend the next meeting on **September 21**.



The Family Caregiver Support Program's Caregiver Meetings are on the second Tuesday of each month from 5:30 p.m.-7:30 p.m. at the L.T. Ross Building, 2247 Western Avenue. This meeting is for anyone of any age who is a caregiver for a senior citizen. Each month there is an informational program of interest to caregivers. The **August 8** meeting will feature Vicki Casenburg of A Place for Mom, talking about senior care options. Refreshments will be served. Call 524-2786 to register (not required).



The Senior Employment Service of the Office on Aging offers four-week workshops for seniors (age 55-plus) who are job-hunting. Workshop sessions last one hour and are offered on Wednesdays at the L. T. Ross Building, 2247 Western Avenue. The first session

will discuss *Interviewing*. Other sessions cover *Attitude and First Impressions*, *Skills Assessment and Resumes*, *Dealing with Different Personalities*, and *Reasons for Hiring the Older Worker*. Jobs available in the workforce can be discussed at each session. The Seniors Seeking Employment Workshop is free, but you must register. The next session starts on August 9; call Ina Ruth Bounds at 524-2786.



RSVP (Retired & Senior Volunteer Program) can simplify your search for the perfect volunteer opportunity. Following are just two of the current listings. Call 524-2786 to find out what else is available this month.

An energetic and organized person who **loves cats and dogs** is needed. Two positions are open to volunteer 2-3 flexible hours per week.

Share your independence with someone homebound **by grocery shopping and occasional errands** 2-3 times a month. So little would make them so happy. Interview required and orientation provided.

RSVP benefits include insurance while volunteering, mileage reimbursement, and the reward of helping someone.

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 Baptist Health System, Cariten Senior Health, Covenant Health, the *News Sentinel*, and St. Mary's Health System.

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RSVP Vols "HUG" Habitat Homeowners, page 4 ❖ O'Connor Senior Center Schedule, pages 5-8*

Join the Council on Aging

The Council on Aging will not meet in August.

The Knoxville-Knox County Council on Aging takes a break during the summer.

The next meeting is scheduled for **Thursday, September 14, at 2:00 p.m.**, at the O'Connor Senior Center, 611 Winona Street.

Be sure to mark your calendar now.

See you there!

**Call 524-2786
for information.**

The Council on Aging is the advisory body to the Office on Aging. Membership is open to individuals and organizations that serve or have an interest in seniors, including senior and retiree groups, community organizations, and agencies and businesses that provide services for seniors.

Council meetings always include a program on a topic of interest to seniors and those who provide care for them—both professionals and family members. The public is invited to these meetings, which take place on the second Thursday of each month (except for July and August) at 2:00 p.m. at the O'Connor Senior Center.

Meetings begin with a brief business meeting. Although the public is encouraged to attend the meetings, only members vote on

issues before the council.

"Council on Aging meetings and mailings are a great way to get connected or to keep updated on what's going on in the 'aging network' in our community," said Marie Alcorn, aging services specialist at the Knox County Office on Aging. "For seniors, the council is a good way to find out about issues and services of concern to seniors. For service providers it's a great tool for networking with others who care about senior issues, including seniors themselves."

Membership in the Council on Aging is free of charge. Members receive monthly meeting notices and minutes by mail. Join the council now to receive the September meeting notice in the mail. Call the Office on Aging at 524-2786 for a membership application. ❖