

# ❖ Elder News & Views ❖

Knoxville-Knox County Office on Aging

September 2006

## **Aging: A Family Affair Offers Practical Advice For Seniors & Caregivers, October 12**

Health and fitness, legal and financial issues, and caregiving concerns are just some of the subjects to be covered in the Office on Aging's annual fall workshop, **Aging: A Family Affair**. The 22nd annual workshop will be offered on **Thursday, October 12**, at Second Presbyterian Church, 2829 Kingston Pike, from 8:00 a.m. to 3:45 p.m. The daylong workshop provides useful information on a variety of topics for caregivers, seniors, and aging network professionals. The cost for the day is \$25, including lunch and materials. The workshop is sponsored by Baptist Senior Services, Covenant Health, and St. Mary's Health System.

### *General Session*

Robert Jenkins is this year's *Peggy Wirtz Keynote Address* speaker. He will present *Alternatives to Long-Term Care Are Blooming: The Green House*. Jenkins, vice president of NCB Development Corporation (NCBDC), is a consult-

ant to states and communities that are interested in promoting Green House, affordable assisted living, and housing with service options. Jenkins and NCBDC provide these services through the Robert Wood Johnson funded Green House Replication Initiative and Coming Home Program. Green House is a "new kind of nursing home" that uses architectural design to help achieve the mission of providing care that offers privacy, dignity, and choices for its elderly residents.

The keynote address is named in honor of Peggy Wirtz, the workshop's founder and longtime coordinator. Wirtz retired from the Office on Aging in March 2003. "When she was at the office, Peggy was herself a caregiver for five seniors in her family," said Barbara Monty, director of the Office on Aging. "She understood the demands, stresses, and joys of caregiving. Her own experiences gave her a desire to provide caregivers with the informa-

tion that would equip them to meet the demands of the task. Peggy's dedication and approach to serving and equipping caregivers remains an inspiration and a guiding light to us at the Office on Aging."

In addition to the keynote presentation, nine workshops are offered in three sessions throughout the day; participants attend one workshop per session. All workshops are presented by experts in appropriate fields.

### *First Session*

For seniors who love to travel and caregivers who need a getaway, *Budget Travel* will be presented by Kathy Wood, a veteran traveler and tour leader who successfully pursued her dream of living and traveling in Europe on a budget.

In *Wise Use of Medication*, Debbie Byrd, assistant dean of the UT College of Pharmacy, will discuss medications and possible interactions or adverse reactions based on age and other factors.

Many families face a crisis when an older member seems to no longer be able to drive safely. The senior wants to remain independent as safely as possible. The family often thinks that taking the keys away is the only solution. However, there are solutions, both for seniors who might be able to continue driving, as well as for those who cannot. Kristy Clark, adaptive driving occupational therapist, and Karen Estes, manager of Knox County CAC Transit, will present *Getting There Safely: Adaptation or Alternative*.

### **Aging: A Family Affair Registration Information**

**Date:** Thursday, October 12

**Time:** 8:00 a.m. to 3:45 p.m.

**Place:** Second Presbyterian Church  
2829 Kingston Pike

**Cost:** \$25 (includes lunch & materials);  
.5 CEU available for an additional \$10,  
payable at the door.

**Preregistration deadline:** Friday,  
October 6

Preregister by sending in the form from the brochure. Preregistration is not required but is recommended to ensure getting a lunch.

Even if you are preregistered, you should come before 9:00 a.m. to sign in, get your materials for the day, enjoy a continental breakfast provided by Baptist Senior Services, and visit exhibitors' booths before the keynote presentation begins.

**Brochures for Aging: A Family Affair will be available soon at the Office on Aging and the O'Connor Senior Center. Call 524-2786 to have one mailed to you.** ❖

(Continued on page 3)



# News from St. Mary's Health System

## Fall Fun at the Fair!

### Join us for St. Mary's Senior Day at the Tennessee Valley Fair



Join St. Mary's PrimeLife for Seniors on **Tuesday, September 12, at St. Mary's Senior Citizen's Day during the Tennessee Valley Fair!** Gates open at 10:00 a.m. There's an activity for everyone, including an all-new dance competition, a joke-telling contest, and the St. Mary's version of the popular game show "Deal or No Deal." Cash prizes will be awarded for these events; however, the number that may participate is limited, so please call 865-545-6741 to register! Other activities include an educational session: "Just Say No to Senior Scams" presented by the Consumer Credit Counseling Service, and a live musical performance by St. Mary's "Idol" winner. Be sure to register to win a variety of door prizes by visiting the booths around the tent throughout the day.

Registration for **recognition awards** will begin at 10 a.m. for the oldest woman, oldest man, longest married couple, biggest group in attendance, and group that traveled the farthest. Prizes will be awarded at 1:30 p.m., and you and or your group must be present to win.

The events for St. Mary's Senior Citizen's Day will be held from 10:00 a.m. to 4:00 p.m. in the **Community Tent (south of the Jacob Building and up toward the Homer Hamilton Theatre)**. Park in the lot on the south side of Magnolia Avenue and walk through the tunnel **where FREE Zoo Tram is available**. **Seniors 65+ are admitted FREE and receive \$2 off admission for all other days of the Fair.** A complete list of activities will be available at senior centers, St. Mary's Health & Fitness Center or by calling the Fair office, **865-215-1470**.

### St. Mary's Schedule of Fair Events

- |                              |   |
|------------------------------|---|
| <b>10:00 a.m.-11:00 a.m.</b> | Visit Booths and Displays, register for prizes and register for recognition awards.   |
| <b>11:00 a.m.-Noon</b>       | Dance Competition for individuals and couples, any style welcome. Win cash prizes: 1st place, \$50; 2nd place, \$25; 3rd place, \$15. Call to register. |
| <b>Noon-12:30 p.m.</b>       | Joke-Telling Contest. Win cash prizes 1st place, \$50; 2nd place, \$25; 3rd place, \$15. Call to register.  |
| <b>12:30 p.m.-1:30 p.m.</b>  | Let's Play "Deal or No Deal" with cash prizes! Call to register.  |
| <b>1:30 p.m.-2:00 p.m.</b>   | Recognition Awards. Register beginning at 10 a.m. You and/or your group must be present to win  |
| <b>2:00 p.m.-3:00 p.m.</b>   | Just Say "No" to Senior Scams, a program presented by Faith Tapp and Anna Seale, with Consumer Credit Counseling Service.                               |
| <b>3:00 p.m.-4:00 p.m.</b>   | Live Music Entertainment featuring "St. Mary's Idol" winner Becky Harrell Cobb  |

## Senior Employment Services Hosts Job Fair

Job-seeking seniors: Come to the Senior Employment Job Fair on Tuesday, September 12, from 10:00 a.m. to noon in the Multipurpose Room, Side A, of the L.T. Ross Building, 2247 Western Avenue. Senior Employment Services, a program of the CAC Office on Aging is hosting the event. Kroger will provide refreshments.

Seniors seek employment for many reasons, such as the need for increased activities, a sense of fulfillment, as well as for additional in-

come. September is an ideal time to look for a job, as many employers are hiring additional workers for the upcoming holiday season.

A number of organizations, from retail operations to those providing homemaking and personal care, will be participating. This is an excellent opportunity to market oneself, so attendees should come prepared to discuss opportunities with prospective employers.

Senior Employment Services also 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 next series begins in October. Sessions cover *Interviewing, Attitude and First Impressions, Skills Assessment and Resumes, Dealing with Different Personalities, and Reasons for Hiring the Older Worker.*

Contact Ina Ruth Bounds at 524-2786 for information about the job fair or the workshops. ❖

## Aging: A Family Affair, October 12

(Continued from page 1)

### Second Session

Seniors and their caregivers often have legal questions. Anne McKinney, elder-law attorney and estate planning expert, will address *Tips & Tactics for Wills & Trusts.*

When you go to the doctor's office, you may have noticed that the doctor seems to have less and less time to spend with you. To get the best care, you must learn how to communicate effectively and cooperatively with your doctor. Cassie Gibbs, M.D., internal medicine and geriatric medicine, discusses this in *I'm the M.D., Talk to Me.*

More than one-third of adults over the age of 65 fall each year. We know more than ever before about ways of helping seniors prevent falls—not just tips for the home, but medical treatments, physical therapy, and exercises. Carol Nordstrom, physical therapist, and Nancy Walker, certified geriatric care manager, and manager of Project LIVE at the Office on Aging, will present *Keeping Your Life in Balance: Preventing Slips, Trips & Falls.*

### Third Session

In the final workshop session of the day, Chere Henderson from the East Tennessee Historical Society

will talk about *Finding Your Roots.*

When a loved one dies, family members have not only their grief to deal with but many practical concerns as well, from planning a memorial service to making burial arrangements to reading the will. All of this is made easier when one plans ahead and leaves specific instructions behind. *End-of-Life Planning* will be discussed by a panel composed of Janie Shaver from Guyton & Frère, elder law attorneys; Dennis Bridges from Bridges Funeral Home; and Marty Koontz, a chaplain from St. Mary's Health System.

Caregivers of seniors have a lot on their plates: they must provide a healthy, safe, loving environment for a frail older person while also maintaining a home, taking care of themselves, and trying to do the things they did before their loved one needed care, which often includes raising a family or working full time outside the home. All of this leads to stress. Unfortunately, the first thing to go from caregivers' schedules is taking care of themselves, just at the time when they need it most. In *Dealing with Caregiver Stress*, Diana Seaver from the Geriatric Assistance Program at Baptist Health System will offer practical and use-

ful tips for caregivers.

For Aging: A Family Affair registration details, see the sidebar on page 1.

"This year, we are offering a couple of exciting alternatives for workshop attendees," said Marie Alcorn, workshop coordinator. "Many social workers and other professionals attend this workshop and have asked us repeatedly if continuing education units (CEUs) were offered. For the first time, we are offering .5 CEU for the workshop, in coordination with Pellissippi State Community College." There will be an additional \$10 fee, payable at the door, to receive the .5 CEU. Please call the Office on Aging at 524-2786 if you need more information about the CEU.

The workshop will also feature a unique fitness component this year. Just after lunch, and before the second part of the workshop swings back into session, anyone who would like to get a little exercise will be encouraged to join Claudia Jewell, registered nurse and wellness specialist at the O'Connor Senior Center, for a brisk 15-minute walk around the grounds of Second Presbyterian Church, weather permitting. Wear or bring comfortable shoes if you plan to participate in the walk. ❖

## KAT Offers Fare-Free Transit Rides for Seniors

Knoxville Area Transit (KAT) is pleased to introduce Seniors Freedom—a new county-sponsored program that allows all seniors to ride KAT fare-free. Seniors age 65 and older need only present a Medicare Card and proof of age to hop on a regular, fixed-route bus and go everywhere KAT goes fare-free.

KAT realizes that transit can be intimidating and confusing, so as part of the program, KAT is offering training classes to seniors on how-to-ride basics such as reading a schedule or getting route information, the bus stop, making transfers, and sig-

naling to get off the bus. These sessions are free and will be offered each Wednesday in September and October at 10:00 a.m. at O'Connor Senior Center, 611 Wiona Street. Other locations are currently being scheduled. Call KAT at 637-3000 for information.

Twenty percent of seniors in the United States are no longer able to drive, and that percentage is expected to increase. This program also comes at a time when fuel and energy costs are negatively affecting seniors on fixed incomes. KAT and



Knox County hope to provide seniors in our community an opportunity to remain active through transit. KAT's fixed-route services can connect seniors to malls, movies, hospitals, grocery and other retail stores, parks, and many other popular locations. And now KAT will provide front door service to O'Connor Senior Center on the Route 30 Washington Avenue bus.

For information on the Seniors Freedom program and travel training, call KAT at **637-3000**, or visit KAT's website at [www.katbus.com](http://www.katbus.com). ❖

## O'Connor Center Launches Fall Programs with Celebration

The O'Connor Senior Center's grand kickoff event introducing the exciting slate of fall programs will be held at the O'Connor Center, 611 Wiona 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 WVLT-TV, the All Vol Band, and some surprise guests. Call 523-1135 to register.

A full description of the center's upcoming events and programs for this fall were presented in the August newsletter, which is available online at [www.knoxcac.org](http://www.knoxcac.org). Also see pages 5 through 8 in this issue.

Additional programs include the O'Connor Travelers. Come learn about the various travel options for seniors. These meetings are held at 1:00 p.m. on the fourth Monday of each month at the O'Connor Senior Center and are hosted by the travel companies and facilities that specialize in travel for seniors. Baptist Senior Services will host the September meeting followed by St. Mary's Primelife for Seniors in October. MoeFaye Travel will be the present-

ing host in November and will share their travel calendar for 2007. The O'Connor Senior Center strives to make available trips to places that seniors want to see, and the monthly meetings provide an opportunity for staff to hear these requests.

The monthly trip to Harrah's at Cherokee continues to be hosted by Jim and Frankie Hicks. This trip departs the O'Connor Senior Center at 8:00 a.m. and returns at 7:00 p.m. The cost remains at \$27 and is a fun-filled day for everyone. Call the O'Connor Center at 523-1135 to register for your seat.

There are no immunizations to protect you from the "acting bug" but you can nurture it to full life in the O'Connor Senior Center's drama classes this fall. Members of the Tennessee Stage Company will be providing free instruction in the classes and helping to stage performances that will entertain audiences at the O'Connor Senior Center as well as other community groups. Classes begin at 2:00 p.m. on Wednesday, September 6. Please call 523- ❖ 1135 to register.

## What's a Peeler?

Peelers are 32 money-saving coupon stickers on a card the size of a credit card. Have you bought books of coupons that seemed like a great idea at the time, but you find that you never have them with you when you need them? Or you have to search through them to see what's there? Peelers are not only convenient and easy to carry in your wallet or purse, but you can see all of your coupons at a glance.

Senior Citizens Information & Referral Service (SCIRS) is selling Peelers as a fundraiser. The program receives half the proceeds for every \$10 Peelers card it sells.

Peelers cards include coupons good at Home Depot (10 percent off total purchase up to \$1,000), Perkins, Burger King, Three Ridges Golf Course, Lenny's Sub Shop, Baskin Robbins, Chick-Fil-A, Dominoes, and Dunkin Donuts. Most of the food coupons amount to 50-percent-off savings. Coupons are good through August 31, 2007.

You can get Peelers at the SCIRS office, from the Office on Aging, and at the SCIRS booth at St. Mary's Senior Day at the Fair. For more information about Peelers cards, call SCIRS at 546-6262. ❖

# O'Connor Senior Center September Schedule

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

## SEPTEMBER SPECIAL EVENTS

**Exceptional Tours Harrah's Trip**, Tuesday, September 5. Leave O'Connor at 8:00 am, return by 7:00 pm. Cost: \$27. You will receive a \$20 voucher from Harrah's to start you out. Please call Frankie or Jim Hicks, 525-1475, for more details, or come by the O'Connor Center to sign up and pay for your trip.

**Fall Program Kickoff at O'Connor**, 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 to register.

**Beginners Ballroom Dance Class**, Wednesdays, starting on September 6. This is a 10-week course taught by Dot Smith and Jack & Jin Gaston. Cost: \$30 single, \$50 couple. Please register at front desk.

**Seniors for Creative Learning**, Wednesday, September 7, 12:30 pm. BBQ kickoff to our season of learning. Programs will begin the following Tuesday & Thursday. Call UT Community Programs to register, 974-0150.

**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. Call Sue Massingill at 523-1135 for more information.

**"Gathering The Threads,"** Wednesday, September 20, 10:00 am. Jeanette Stevens, along with other Smoky Mountain Storytellers Association members, will hold one-hour workshops on how to gather, recall, organize and learn to tell YOUR stories. There will be a total of four workshops, September 20; October 18; November 15 and December 20. Call 523-1135 to register.

**Fall Festival of Healthcare**, Wednesday, September 27, 9:00 am-12:00 pm. Blood work available: Comprehensive Profile (includes complete cholesterol, glucose, electrolytes, and liver panel, \*fasting is required for this test) cost: \$20; PSA (prostate) cost: \$20; CRP (heart disease) cost: \$20; TSH (thyroid) cost: \$20; and CBC (complete blood count) cost: \$15. Blood work will be provided by Covenant Health Senior Services. Other vendors: St. Mary's Diabetes Center, Balance Center

and Cardiac Center; Covenant Rhythm Screening; Kidney Associates; Baptist Pulmonary, Vision & Glaucoma; East Tennessee Personal Care Services; Priority Healthcare; Dr. Bradley, Oral Cancer Screening; Dr. Shupp, Skin Cancer Screening; Senior Citizens Information & Referral Services; O'Connor Senior Center; Mary Kay Makeup Tips; Lenscrafters, Glasses; UT Nursing, Health Prevention; and Dr. Carol Ackerman, Podiatrist. Lots of good information about health care.

**Beginners II Line Dance**, Thursdays at 9:45 am starting in October. Please call to register. Instructor: Evelyn Surratt. \*Must have taken Beginners I class.

## SEPTEMBER PROGRAMS

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

**50+ Advanced**, Mon., Wed., Fri. Increased level of intensity to provide 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, September 6.

**AARP Chapter #85 meeting**, Wednesday, September 20.

**AARP Driver Safety Program**, Wednesday & Thursday, September 20 & 21. Call Leo Holloway at 524-4577 to register.

**Armchair Travelers**, not meeting this month.

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

**BINGO at O'Connor**, Wednesdays, at 1:30 pm. We ask that each player bring a small prize. Now you can enjoy a weekly game of BINGO with your friends.

**Birthday Party**, Wednesday, September 27. Cake & ice cream provided by Happy Hikers. 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. 12-hour fast recommended. Sponsored by Accu-check.

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

**Camera Club**, Monday, September 25 at 10:00 am.

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

**Ceramics**, Monday and Tuesdays, at 10:00 am.

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

**Chew Crew**, Wednesdays. September 6: O'Charley's at Mall Road. September 20: Red Lobster on Merchant's Drive.

**Computer Classes**, Fundamentals I on Mon. & Wed.; Fundamentals I on Tues. & Thurs.; and Fundamentals II on Tues. & Thurs. Word Processing and Internet classes will be based on interest. For more information please call 523-1135.

**Creative Writer's Workshop**, Mondays, September 11 & 25. If you are a writer or interested in becoming a writer, join this group for an uplifting time.

**Dance Club**, Friday, September 15. 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**, September 15, 22 & 29. Cost is \$4 for members, and \$5 for nonmembers.

**Saturday night dance**, September 9. Cost is \$4 for members, and \$6 for nonmembers.

**Diabetes Support Group**, Friday, September 15. Topic: "Tips for Wearing Medical ID."

**Earth Science**, not meeting this month.

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

**Financial Forum**, Monday, September 18.

**Flower Lovers**, Thursday, September 7. Flower arranging for the fair.

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

**Garden Club**, Monday, September 11. Managing Soils for Better Gardening. Speaker: Neal Eash, UT.

**Genealogy Research Group**, 2nd Wednesday, September 13.

**Greenhouse Workers**, Wednesday, September 13.

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

**Happy Hikers**, Thursdays, September 14: Norris/High Point; September 21: mini-hike to be announced; September 27: Serving at O'Connor Birthday Party; and September 28: Pickett State Park.

**Knitting & Crocheting**, Thursday, September 7. Instructors for both knitting and crocheting available.

**Legal Assistance**, Monday, September 18. Call 637-0484 to schedule an appointment for free legal services.

**Low Vision Support Group**, Monday, September 18. Support group for folks with little or no vision.

**Market Group**, Monday, September 25.

**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**, Monday, September 25. Come explore the various travel options available and learn about new trips being planned.

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

**Painting**, will begin on Wednesday, October 4. Call 523-1135 to register.

**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, September 15. Bring present projects you are working on.

**Singing Seniors**, Tuesday, September 12.

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

**Texas Hold 'Em Poker Club**, Wednesdays. Learn to play for prizes; \$2 contribution to Center.

**Toenail Clipping**, Tuesday, September 12, by Patricia Williams, Certified Nail-Technician, cost \$12. Please call 523-1135 for an appointment.

**U.S. and Global Economy**, Wednesday, September 6. Join Dr. Tony Spiva, professor emeritus, UT, as he shares his adventures over the past several months.

**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, September 12, Come see us at the Tennessee Valley Fair Senior Day. Tuesday, September 26, "Are You Getting Your Fruits And Vegetables?" Followed by potluck lunch.

### StrawPlains Community-Lyons Creek Baptist Church

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

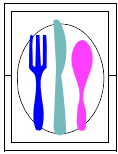
## Appreciation

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

### **Donations to the Center**

O'Connor Dance Club—Shades for North Addition  
Standard Knitting Mills  
Jim & Frankie Hicks

## 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 July 2006.

Barbara Abner  
George & Kathryn Adams  
Bob & Marie Alcorn  
All Saints Catholic Church  
American Wholesale  
John & Lynn Anderson  
Anonymous (7)  
Ben & Sue Atchley  
Ron & Jeanne Beatty  
Beaver Creek Cumberland Presbyterian Church, Searcher's SS class  
Henry Bertelkamp, Jr.  
Jefferson Chapman  
Concord United Methodist Church  
Concord UMC, Souper Sunday  
Robin Cuany  
Edna Damewood  
Denark Construction  
Dudley & Zara Dewhirst  
Fidelity Charitable Gift Fund  
Oscar III & Leah Funderburk  
Mildred Gregg  
Haverly Hildreth  
Holy Cross Anglican Church  
James Edward Irwin  
David R. James  
Arlene Katz  
Kiwanis Club of Norwood  
Ken Knight  
Lake Hills Presbyterian Church  
Marie Ledgerwood  
Mrs. McAfee Lee  
Sherri Parker Lee  
Mr. & Mrs. James Lovell  
Chris T. McAlister  
Meridian Baptist Church,  
Ed Arnett SS class  
Meridian Baptist Church,  
Ready SS class  
Tom & Cheryl Midyett  
Newcomers Club of Knoxville  
Fran, Jr., & Mary Helen Olmstead  
Pilot Corp. "Employee Jeans Day"  
Regional AARP  
James & Patty Richardson  
Natalie Robinson  
William S. Rukeyser

Salem Baptist Church, Buster  
Watson SS class  
Second Presbyterian Church of  
Knoxville  
Bo & Mary Shafer  
William L. Shanks  
Harry & Pam Sherrod  
Vaughn Smith  
Harry & Sarah Stowers  
Wes Stowers  
Robert Talbott  
Louis & Betty Thacker  
Joseph & Elizabeth Thompson  
Bill C. Wallace  
Welcome Wagon Club of Knoxville  
Rasho & Myona Winget  
Mike & Gail Wood

### ***In Honor or In Memory of...***

*In Memory of Henry & Nellie Adkinson*  
Anonymous  
*In Memory of Lillian Barber & Lillian Huie*  
Joe & Jeanne Huie  
*In Honor of Aggie Bell*  
Kenneth & Jane Creed  
*In Memory of August & Martha Dudenbostel*  
Gretchen Kaplan  
*In Memory of Bud & Betty Farmer*  
Margaret Dyke  
*In Memory of Celia Fink & Jeanette Silverman*  
Rosalind Andrews  
*In Memory of J. Marsh Frère, Jr.*  
Guyton & Frère  
*In Honor of Marie Harbison*  
David & Amy Belew  
*In Honor of Martha Henderson & Katherine Thomas*  
Central Baptist Church of  
Fountain City, Martha class  
*In Memory of Kristin Ann Sharpe Kruck*  
James Maier  
*In Honor of Sherri Lee*  
Jim & Jan Hart  
*In Honor of our many friends*  
Mark & Carol Hartley  
*In Memory of Nana Faye McElroy*  
Michael Burke & Janelle Stueck  
*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 Honor of John M. & Elizabeth S. Preston*  
John M. & Elizabeth D. Preston  
*In Honor of Joan Regester*  
David & Stacey Schmid

*In Honor of Linda Roberson*  
James Roberson  
*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

### Ⓛ 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.  
Gloria Dei Lutheran Church,  
50th anniversary offering  
Harold & Nannie Greene  
Sherrell & 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  
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

*Continued on page 11*

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 July 2006.

### Mobile Meals

AARP, Knoxville-Cedar Bluff Chapter #3006

Anonymous

Colonial Heights United

Methodist Church, J. Ray Stuart SS class

Norman & Doris Featherston

Girl Scout Troop #81

Julius Gregg

Knoxville Baha'i Fund

Oakwood Baptist Church,

Homemakers class

Precision Orthodontic Lab, Inc.

Michael Stauffer

### In Honor or In Memory of...

In Memory of Mary Virginia Anderton  
Emilee Frincke

In Honor of Charles Douglas  
Pauline Douglas

In Memory of Kristin Ann Sharpe  
Kruck

Steve & Margaret Carr

H. Kreis & Nancy Weigel

In Honor of Bernadette McMillan  
Mary Matlock

### Office on Aging

Richard Holt

### Project LIVE

Alcoa Inc. RPD

Vicki Borden

Bruce Bower

Russell's Pest Control

### Senior Companion Program

Ronald & Barbara Hackworth

Krispy Kreme, Broadway

Kroger, Fountain City

Kroger, Halls



## ADOPT A SENIOR SPONSORS

(Continued from page 7)

### 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

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

### 14 seniors for one year

Mount Rest Home Foundation

### 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

## Community Happenings & Upcoming Events



To mark World Food Day (October 16) locally, Emergency Food Helpers' 16th

annual Hunger Hike will be held on Sunday, October 1, at 2:00 p.m. The Hunger Hike focuses on local hunger and raises money for pantries, churches, public agencies, and other groups that provide food for hungry people. The 2.5-mile walk is at Lakeshore Park, beginning and ending at the swimming pool pavilion. Registration begins at the park at 1:30 p.m.; the hike will be held, rain or shine.

Hikers collect donations from sponsors. They can designate the local hunger organization of their choice to receive the money they collect. The Office on Aging's Mobile Meals program is one of the food organizations that will benefit from the Hunger Hike.

Anyone of any age can participate. There will be a program and awarding of prizes following the hike. Hikers can win prizes in a number of categories. Hikers who raise at least

\$15 will receive a free T-shirt, while supplies last. For a brochure with a sponsor form, call Lee Murphy at 215-5180.



The Frank H. McClung Museum, the University of Tennessee, and the Knox County Public

Library have teamed up to offer the **Senior Education Outreach Program, a series of informational programs just for seniors.** The McClung Museum at UT puts these programs together and offers them at branches of the Knox County Library. Beginning in September, the program offers *Ancient Egypt*. Learn how the people, religion, monuments, art, and writing of ancient Egypt have made contributions to world culture. Images of artifacts, many from the museum's collection, illustrate the presentation. The program will be offered at many Knox County Library branches at 2:00 p.m. between September 7 and November 16. Check with your local

branch for the dates and branch locations, or call 974-2144 for more information.



**O'Connor Senior Center Flu Shot Day**, is Saturday, October 7, from 9:00 a.m. to

11:00 a.m. at the O'Connor

Senior Center, 611 Winona Street.

Call 523-1135 to register.



The **Senior Companion Program** is hosting a **Fall Craft Festival** on Saturday, October 28, from 8:00 a.m.

to 3:00 p.m. inside the Lion's Club building at Fountain City Park. There will be craft vendors, exhibitors, a bake sale, and activities. Admission is free and parking is plentiful. All proceeds from vendors' fees will support the volunteer work of the Senior Companion Program. Cost for a vendors' booth is \$50. Vendors keep all profits from sales of merchandise. If you are a crafter who would like to be a vendor, call the Senior Companion Program at 524-2786. ♦

# 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. 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. The **September 21** meeting will cover disaster preparedness.



**The Family Caregiver Support Program's Caregiver Meetings** are on the second Tuesday of

each month from 5:30 p.m.-7:00 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. At the **September 12** meeting, staff from East TN Technology Access Center (ETTAC) will discuss and demonstrate simple technical assistive devices that can help your loved one. Refreshments will be served. Call 524-2786 to register (not required).



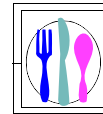
**RSVP (Retired & Senior Volunteer Program) can simplify your search for the**

**perfect volunteer opportunity.** Following are just a few of the current listings. Call 524-2786 to find out what else is available this month.

**Telephone reassurance** is very important to people who cannot leave their homes. A few hours each week will help Contact of Knoxville.

**Help a homeless animal** find a home. Animal shelter volunteer training begins this month. Call RSVP to sign up today.

Homebound elderly people need **occasional light chores** done that will help them stay in their own homes.



**It costs more now to Adopt A Senior than ever before.**

Many people adopt a senior to pay the costs of providing Mobile Meals to seniors in our community (see page 9) As fuel prices go up, the Mobile Meals program's volunteer meal delivery costs also rise. Not only are delivery costs higher, but other costs are also affected as the program's suppliers also have to increase costs, food costs go up, and so forth. There has been a 5.5-percent increase in the program's cost per meal. Because of this, for the first time since the inception of the Adopt A Senior campaign (eight years ago), the program has had to increase the cost of supporting seniors receiving meals. The cost per meal is now \$2.85 compared to \$2.70 previously. The cost to provide meals for a month is now \$61.75, compared to \$58.50 before. If you would like to Adopt A Senior, please call the Office on Aging at 524-2786 to receive an Adopt a Senior brochure.



**Don't forget that this newsletter is now available online.** Go to [www.knoxcac.org](http://www.knoxcac.org) to check it out. Click on

Publications, then *Elder News & Views*, then on the month you want to read. If you decide that you would like to receive the newsletter by e-mail each month and stop getting the paper copy, please let us know by calling 524-2786 or e-mailing [knoxooa@knoxcac.org](mailto:knoxooa@knoxcac.org).

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## **Council on Aging Hears About Preparing for Pandemic**

**Council on Aging meeting**  
Date: **Thursday, September 14**  
Time: **2:00 p.m.**  
Place: **O'Connor Senior Center,**  
**611 Winona Street**

You've heard the reports of avian, or "bird," flu in Europe and Asia, and you've heard the word "pandemic" coming up in the news lately. What does it all mean for us in Knox County, Tennessee?

Dr. Martha Buchanan, medical director of the Knox County Health Department, will present "Knox County Prepares for the Pandemic" at the Council on Aging meeting on Thursday, September 14, at 2:00 p.m. at the O'Connor Senior Center.

A pandemic occurs when an infectious disease spreads rapidly

among many people over a wide-spread area; it is an epidemic on a larger scale. Because of the outbreaks of avian flu in Asia and Europe, and the fact that no successful vaccine has yet been identified, there is fear that avian flu could become a pandemic, though it has not reached that status yet.

The World Health Organization advises that the best way to protect people is to prepare for a possible outbreak in each community by making a detailed plan. The U.S., the state of Tennessee, and local city and county governments are all taking part in making such a plan.

According to the Knox County Health Department, "it is impossible to know if or when" a pandemic might occur. "So the prudent time to plan is now."

With one-quarter or more of the population ill, everyone in the community would be affected. But the consequences would be minimized by cooperation in the community to reduce social contact (canceling public gatherings, closing less-essential businesses) and isolating people who are sick with the flu.

Throughout the summer the Knox County Health Department held informational sessions with representatives of businesses, faith-based organizations, and healthcare facilities (acute and long-term care).

In addition to an overview of pandemics, Dr. Buchanan will talk about the plans in place and ways that seniors throughout Knox County can best prepare themselves.

Refreshments will be provided by NHC HomeCare.   ❖

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