

# Elder News & Views

Knoxville-Knox County Office on Aging

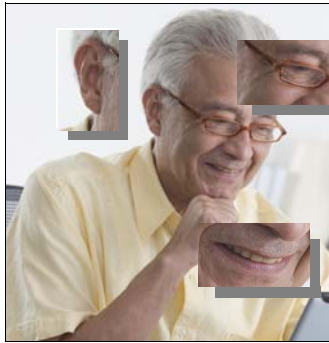
March 2008

## Give the Gift of Sight, Hearing & Dentures to a Senior

Mrs. J.'s blood pressure is out of control again because she can't see the label on the pill bottle well enough to follow the instructions. She also had a scare last week when she thought she had turned the stove burner off, but she had turned it to "high" instead—again, because she couldn't see it. Now, she's afraid to do her own cooking. Mr. S. slept through the sound of his smoke detector alarm because he didn't hear it. Fortunately, a neighbor heard it and managed to wake Mr. S. before a faulty space heater set fire to his apartment. Mrs. M. canceled her Mobile Meals delivery. She said she didn't need the meals any more, but her daughter called in to report that her mother actually gave up the meals because her dentures were broken, and Mrs. M. has not been able to eat solid food. Her daughter also said that Mrs. M. is so embarrassed about how she looks and sounds that she no longer goes out, so she is becoming isolated and depressed.

These individuals represent the many seniors in Knoxville and Knox County who can't afford eyeglasses, hearing aids, or dentures (called "appliances," collectively). Medicare and most insurance programs usually pay little or none of the cost of these appliances and the appropriate exams.

The Gift of Sight, Hearing & Dentures program (GSHD) provides assistance to low-income seniors in Knox County by providing eyeglasses, hearing aids, and dentures at



a reduced cost and through a revolving loan fund. The GSHD program is sponsored jointly by the Office on Aging's Senior Citizen's Information & Referral Service (I&R) and the Knoxville-Knox

County Council on Aging. It started in 1985 as the Gift of Sight, added Hearing in 1996, and just added Dentures last year. The program has provided more than 5,000 seniors with eyeglasses, 500 with hearing aids, and 25 with dentures since its inception. Unfortunately, there are almost 200 people currently on the waiting list.

To keep costs low, the program uses professionals who volunteer their time and offer appliances at cost. The program pays for the initial costs and the senior pays back the loan over time. All administrative costs are covered by I&R and the Office on Aging. GSHD has always relied on community support. The program needs your help now to continue serving seniors who need a little help to be able to see, hear, eat, and communicate.

"The seniors we serve are always happy to hear that our program is a revolving loan fund because most of them do not want to receive charity," said Sharon Russell, manager of I&R, which takes applications for the program and guides seniors through the process. "They just need some help paying the high

cost of the appliances they need. Most of them are very diligent in paying off their loans, even if it takes them a long time. They are so proud to be able to smile again, to see loved ones' faces and to hear the sound of their voices. Having seen the joy this program brings to people's lives, I can say that it truly is the *gift* of sight, hearing, and dentures."

Russell explained that, though seniors do pay the program back, it does take most of them a while to do it. Because of the rising cost of appliances and the increased number of requests for the service, the loan fund has become too depleted to continue to serve seniors quickly.

According to AARP Health, a new pair of eyeglasses costs between \$207 to \$320. A set of hearing aids has risen from approximately \$1,200 in 2000 to around \$5,000, and a set of dentures also costs about \$5,000. Russell said, "In GSHD, because our costs are kept low by our volunteer corps of professionals, the program pays about \$110 for eyeglasses, \$665 for a set of hearing aids, and about \$500 for a set of dentures. So, the program is getting good value out of the funds it has and is trying to stretch its dollars as far as possible." ♦

The Gift of Sight, Hearing & Dentures needs your help to continue to serve the seniors in our community. All donations go directly to purchase eyeglasses, hearing aids, and dentures. Please send your tax-deductible contribution to:  
Knoxville-Knox County Office on Aging  
P.O. Box 51650  
Knoxville TN 37950-1650  
**For more information, call 546-6262.**

## Mayors for Meals Continues Meal-Delivery Tradition; 4-H Marks Holiday with Special Bookmarks


On March 17, local members of 4-H youth clubs will deliver 1,000 handmade Easter bookmarks to the program to be delivered to Mobile Meals participants. For more than a decade, these young people have taken time out from their spring break to deliver meals and gifts of love to older people. After the 4-H youth donate the bookmarks to the program, they will head out to deliver hot, nutritious meals to seniors.

Later that week, Mobile Meals will once again participate in the national Mayors for Meals campaign sponsored by Meals on Wheels of America. On March 19, City of

Knoxville Mayor Bill Haslam and Knox County Mayor Mike Ragsdale will visit the Mobile Meals Kitchen to salute the program and commend volunteers. Both Knoxville and Knox County significantly contribute to Mobile Meals. In recent years Mayor Ragsdale and the county commission provided enough additional funding to eliminate the waiting list that existed at that time, and they have continued to provide funding to serve 135 seniors a year.

“The number of new requests for Mobile Meals continues to increase by leaps and bounds,” said Barbara Monty, director of the Office on Ag-

ing. “We appreciate our local leaders taking part in Mayors for Meals, taking an interest in the seniors who are served, and becoming even more aware how many seniors rely on Mobile Meals.”

Along with an increased demand for meals comes an increased need for volunteers. Meals are delivered mid-morning, Monday through Friday. Route lengths vary; staff will work with you to design a route that fits your area and schedule, where possible. If you’ve considered delivering meals but have never taken the plunge, call Jennifer Oakes at 524-2786 to give it a try, obligation-free. 

## Senior Nutrition Program Welcomes New Manager, Paige Buchholz

Paige Buchholz has joined the Office on Aging as the new manager of the Senior Nutrition Program. Mobile Meals is part of the Senior Nutrition Program, along with a congregate dining program for seniors who are not as frail as those who receive the meals delivered to their homes.


Buchholz brings a wealth of varied experience and compassion to the Senior Nutrition Program. She has taught elementary school, worked in the Peace Corps in West Africa, and, as an ordained priest in the Episcopal Church, has run outreach programs at two churches. She came to Knoxville to be the chaplain at Volunteer Ministry Center. She also became a certified massage therapist, “just for fun.”

“The Senior Nutrition Program is amazing. I really believe in

what it’s doing, and want to be a part of that,” Buchholz said. “I didn’t know the full extent of what the Senior Nutrition Program does until I started working here, but it’s really valuable, and it’s the right thing to be doing.”

Buchholz said that she is amazed every day at the requests that come in for service from the Mobile Meals program. “We get six or seven new requests every day—that really adds up over the course of a week. The increased number of seniors—a number that is going to keep going up—combined with the

economy and other factors, is going to be a challenge to us as we continue to serve Knox County seniors.”

Please join the Office on Aging in welcoming Paige Buchholz to the Senior Nutrition Program. 



## Celebrating Centenarians!



The Knox County Office on Aging, O’Connor Senior Center Advisory Board, and local AARP chapters are

partnering to celebrate Knox County seniors who have joined the “Century Club” by living 100 years or more. During May—Older Americans Month—each centenarian in Knoxville and Knox County will receive a flower as a tribute to their longevity.

We are searching for all local centenarians. If you have celebrated your 100th birthday, or you know someone who has, please call Senior Citizens Information & Referral Service. They will need the name, address, birthdate, and a contact name and phone number for each centenarian.

Call to register or for more information. All information will be kept confidential.

**(865) 546-6262**

## How to Get the Economic Stimulus Check, or "Tax Rebate"

### What Is the Stimulus Package?

To help spur a slowing economy, the IRS will send tax rebate checks to more than 130 million households beginning in May 2008 and continuing through the summer as part of the government's economic stimulus package. In most cases, payments will range from \$300 to \$600 for individuals and \$600 to \$1,200 for joint filers. Most taxpayers do not need to take any extra steps to receive the rebate.

### But There Are Some Exceptions!

Individuals who might not otherwise need to file a 2007 tax return will be required to file a return this year to be eligible to receive the stimulus payment. The return must show at least \$3,000 in qualifying income. For the purpose of the stimulus payments, special provisions allow qualifying income to include Social Security or certain Railroad Retirement benefits and


veterans' disability compensation, and pension or survivors' benefits received from the Department of Veterans' Affairs in 2007. Supplemental Security Income (SSI) does not count as qualifying income for the stimulus payment. Receiving a payment under the stimulus package does not have **any** effect on eligibility for or amount of needs-based benefits programs (i.e. Food Stamps). Similarly, the IRS emphasizes that persons with no filing requirement who turn in a tax return in order to qualify for the stimulus payment will not get a tax bill or be required to report the rebate as income during the next tax year.

### How to File?

For those who are not required to file a 2007 return, but whose total qualifying income including Social Security, certain Railroad Retirement and certain veterans' benefits would equal or exceed \$3,000,

should file a return reporting these benefits on Line 14a of Form 1040A or Line 20A of Form 1040 to establish their eligibility. People should note that these form lines only mention Social Security, but they should be used to include any qualifying Railroad Retirement and veterans' benefits as well. Some recipients of the benefits described above may have already filed a 2007 return reporting at least \$3,000 in qualifying income. They do not need to do anything else to receive the stimulus payment. Others may need to amend their return to include benefits to reach the \$3,000 qualifying income level. They can use Form 1040X to amend a tax return in order to qualify for the stimulus payment.

### Do You Need Help in Filing?

There are numerous sites in our area that provide free tax help (see article on page 4). 

## Community Law School: Wills & Estate Planning, ID Theft

You can attend law school and learn ways to protect yourself, your assets, and your heirs, for free.

The Knoxville Bar Association's Community Law School is a public education program designed to explain, in layman's terms, how our judicial system works. Community Law School offers a series of courses taught by practicing lawyers to acquaint citizens with our legal system and basic facts about your rights and responsibilities in different areas of the law. The program is sponsored by the Knoxville Bar Association, Baptist Senior Services, *Knoxville News Sentinel*, and Knoxville Bar Foundation.


Many people have learned the hard way that identity theft is not something that happens to someone else. In **Consumer Rights & Responsibilities: Protect Yourself and**

**Your Assets**, you will learn how to protect yourself against identity theft and how to minimize the damages if you do become a victim. Students will also learn smart computing and precautions for shopping online. The course also deals with creditor and debtor issues and IRS tax controversies. Learn how to negotiate payments with a creditor, how to handle creditor phone calls, what your rights are as you pay off a debt, and what to do if a creditor sues you. The class also teaches how to structure a payment plan with the IRS and possibly reduce the amount owed.

Recent changes in the law may make your old living will, or "advance directive," inadequate. Learn more at **Wills & Estate Planning for Everyone**, where local attorneys will present information about planning for incapacity and death, which can

happen to anyone at any age. Learn about the documents everyone should have in place. Learn what happens if no documents are in place. If you don't have a will, the state will ultimately decide how your property will be divided. Organizing your affairs now is one of the most loving things you can do for your survivors.

Both courses will be offered on Saturday, March 29, at Fellowship Church, 8000 Middlebrook Pike. Consumer Rights starts at 9:00 a.m., followed by Wills & Estate Planning at 11:30 a.m. Free parking is plentiful.

These classes are free, but you must register. Registration is on a first-come, first-serve basis. Preregistration is encouraged but not required. **To register call the Knoxville Bar Association, 522-6522, or go online to [www.knoxbar.org](http://www.knoxbar.org).** 

## Free Tax Help Available Across Knox County

Volunteers from Tax Aide (also called Tax Counseling for the Elderly) and Volunteer Income Tax Assistance (VITA) are available at sites throughout Knox County from now through April 15 to assist you with filing your income tax return. Take the tax package you got in the mail, any interest information from your bank or investment company (Form 1099), a copy of last year's tax return, and any other relevant information concerning your income and expenses to the VITA or Tax Aide site nearest you.


Assistance at these free tax-preparation sites is usually offered on a first come, first serve basis. **Some sites require that you call ahead for an appointment.**

All sites file returns electronically at no charge, meaning

less paperwork and a faster return of any refund you might receive.

VITA and Tax Aide are both sponsored by the IRS. Tax Aide is cosponsored by AARP and emphasizes serving seniors. VITA serves all taxpayers with special needs.

There are many VITA and Tax Aide sites across Knox County and in other counties as well. To find a site near you, call Senior Citizens Information & Referral Service (I&R) at 546-6262. The I&R staff can tell you the hours of operation of each site and whether you'll need an appointment.

You can also call the IRS at 1-800-829-1040 for VITA sites in East Tennessee. For information about AARP sites, go online to [www.aarp.org/money/taxaide](http://www.aarp.org/money/taxaide) or call 521-5569. 

## Beware Scams Using Name of IRS

The Internal Revenue Service is warning taxpayers to beware of several current e-mail and telephone scams that use the IRS name as a lure. The IRS expects such scams to continue through the end of tax-return-filing season and beyond.

The goal of the scams is to trick people into revealing personal and financial information, such as Social Security, bank account, or credit card numbers, which the scammers can use to commit identity theft.

Typically, identity thieves use a victim's personal and financial data to empty the victim's financial accounts, run up charges on the victim's existing credit cards, apply for new loans, credit cards, services, or benefits in the victim's name, file fraudulent tax returns or even commit crimes. Most of these fraudulent activities can be committed electronically from anywhere in the world.

Committing these activities in cyberspace allows scammers to act quickly and cover their tracks before the victim becomes aware of the theft.

If you wish to contact the IRS online, go to [irs.gov](http://irs.gov) rather than clicking on a link or opening an attachment in an e-mail that you've received. If you have received a questionable e-mail or phone call that claims to come from the IRS, report it to the IRS at [phishing@irs.gov](mailto:phishing@irs.gov), or at 1-800-829-1040.


## Apply by April 3 for Property Tax Freeze Program for Seniors

Knox County has two programs to help keep senior citizens from struggling to pay rising property taxes. The two programs have similar names but serve different purposes. The eligibility guidelines and application dates also differ, meaning that some seniors who qualify for one program might not qualify for both; but some seniors will be eligible for both. Following is a brief explanation of the two programs. If you need help in understanding or applying for either of the property tax programs, call Senior Citizens Information & Referral Service (I&R) at 546-6262.

**The Property Tax Freeze Program** is a new program designed to assist senior citizens who live on fixed incomes by capping the

amount of property taxes at the current year amount for as long as they own the property and meet eligibility requirements. The program is open to Knox County seniors, 65 and older, who are the property owners listed on the deed of the property and who have incomes of \$32,240 or less. Annual income from all sources will be counted and this includes, but is not limited to, Social Security (after Medicare is deducted), SSI, retirement or pension benefits, VA benefits, workers' compensation, salaries or wages, and interest or dividends. Applications will be accepted until April 3, 2008, at all six Knox County Trustee locations. You must bring your Social Security card, Medicare card, and proof of income from all sources.

**The Property Tax Relief Program** is a longstanding program that allows low-income senior citizens to receive a "rebate" on the property taxes that they have paid for the year. In this program, seniors are responsible for paying their property taxes for the year. Then, if they are eligible, they can apply for and receive a reimbursement of a portion of the tax they paid, based on their income and other eligibility criteria. The deadline for application to the Property Tax Relief Program has already passed this year (it is on February 28 each year).

For more information, contact the Knox County Trustee's office at 215-2305, or call Senior Citizens Information & Referral Service at 546-6262. 

# O'Connor Senior Center March Schedule

The Center will be **CLOSED** on the following day:  
**Friday, March 21, Spring Holiday**

## MARCH SPECIAL EVENTS

**Toenail Clipping**, Tuesday, March 11, with Lynn Lawrence. Call 523-1135 to schedule an appointment.

**Exceptional Tours Harrah's Trip**, Tuesday, March 4. Leaves O'Connor at 8:00 am. Cost: \$28; lunch on your own. Call Jim or Frankie Hicks, 525-1475, for information.

**Ask-A-Pharmacist**, Wednesday, March 19, 10:00 am-12:00 noon. Opportunity to talk one-on-one with a licensed pharmacist from Walgreens.

**AARP Income Tax**, Wednesdays, through April 9. FREE service to seniors. First come, first served.

**Daytime Ballroom Dance Classes**, Wednesdays at 1:30 pm, starting on March 5. Cost: \$50/couple, or \$30/single. Instructors: Jack & Jin Gaston. Call 523-1135 to register.

**Evening Ballroom Dance Classes**, Mondays, March 3, 10 & 17, 7:00-8:00 pm, TANGO only. Cost: \$30. Tuesdays, March 4-April 8, 7:00-8:30 pm, Evening Ballroom Dance. Cost: \$30/single, & \$50/couple. Instructors: Charlie & Jeanette Stevens. Call 523-1135 to register.

**Downsizing: Have You Been Considering a Change?** Monday, March 10 at 1:30 pm. Well-known organizing expert, **Mary Pankiewicz**, will be at the O'Connor Center to discuss downsizing. Please call 523-1135 to register.

**The O'Connor Silver Stage Players present, The Last Day at W.O.R.K.**, a new drama written especially for the Silver Stage Players by Brandon Daughtry Slocum and JP Schuffman. Performances will be on Friday, March 14, at 2:00 pm and 8:00 pm. Afternoon performance: \$2 contribution; evening performance: \$5 contribution. Please call 523-1135 to register.

**You Are Worth It! It's Never Too Late!**, Monday, March 17, at 1:00 pm. Julie Massey, Integral Health, will talk about our health needs and concerns and ways we can improve our health. Please call 523-1135 to register.

## MARCH PROGRAMS

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

**50+ Cardio 3**, Mon., Wed., Fri. Low impact aerobic class. Level of intensity is increased to meet the needs of those who need a more strenuous workout. Cost: \$1.

**50+ Cardio 2**, Mon., Wed., Fri. Low impact, moderately intense aerobic class. During the cardio portion of the class, participants move freely around the room. Cost: \$1.

**AARP Chapter #85 Board**, Wednesday, March 5.

**AARP Chapter #85 Meeting**, Wednesday, March 19.

**AARP Driver Safety Program**, Wednesdays & Thursdays, March 19 & 20. Call Barbara Manis at 922-5648.

**Advanced & Basic Arthritis Foundation Exercise (PACE) Classes**, Tuesdays & Thursdays. Basic class at 10:00 am. Advanced at 11:00 am. Basic is low-impact, seated exercise. Advanced is also low-impact exercise but a little more physical than the basic. Choose the class that best fits your needs. Cost: \$1.

**Beginners French Conversation**, Tuesdays.

**Beginners Party Bridge**, Fridays. For those who are preregistered. Cost: \$2, class. Instructor: Barbara Johnson.

**BINGO at O'Connor**, Wednesdays. Bring a small gift in a bag or wrapped for prizes. Cost: \$1, donation.

**Birthday Party**, Wednesday, March 26: Cake & ice cream provided by United Capital Mortgage. BINGO sponsored by Jeff Headrick and Associates.

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

**Blood Pressure Checks**, Monday-Friday, 11:00 am-12:00 pm. Tuesdays, blood pressure checks are provided by Priority Healthcare Services.

**Camera Club**, Mondays, March 24. See the Sunday *Knoxville News-Sentinel* for program information.

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

**Ceramics**, Wednesdays, work on your own.

**Chew Crew**, Mondays. March 3: Mimi's Café at Turkey Creek.

**Conversational Spanish**, Fridays. If you already know the Spanish language and would like to refine your skills of conversation, this is the class for you.

**Creative Writer's Workshop**, Mondays, March 10 & 24. If you are a writer or interested in becoming a writer come and join this group for an uplifting time.

**Dance Club**, Friday, March 14.

**Dances:**

**Beginners Line Dance**: Thursdays, \$2 contribution.

**Advanced Line Dance**: Mondays, \$2 contribution.

**Friday night**: March 14, 21 & 28.

**Saturday night**: March 8.

**Tea Dance & Dance Workshop**, Tuesdays.

**Diabetes Support Group**, no meeting this month.

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

**Earth Science**, Mondays, March 3: *Death Valley* by Dr. Don Byerly.

**Exceptional Gift Shop**, open Monday through Friday. Unique, handcrafted gifts made by seniors.

**Financial Forum**, Monday, March 17: *Modern Portfolio Theory Part I*: Learn about the father of asset allocation and the history of how MPT has affected, or not affected, how we manage our portfolios. Presented by Jeff Headrick of Jeff Headrick & Associates.

**Flower Lovers**, Thursdays. On March 6: Installation of Officers.

**French**, Tuesdays. Call for information.

**Garden Club**, Mondays, March 10: *Best Practices in the Vegetable Garden*, Master Gardeners, Charles Hayes & Bill McReynolds.

**Genealogy Research Group**, Wednesdays, March 12. Enjoy the company of others who are researching their family history.

**Greenhouse Workers**, Wednesdays.

**Grief Support Group I**, Mondays, present six-week group meeting through March 17.

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

**Happy Hikers**, Thursdays. March 13: Abrams Falls; March 20: Minihike at Third Creek Greenway 10; March 27: Norris River Bluff Trail.

**Knitting & Crocheting**, Thursdays. Jean Springer, Knitting instructor and Linda Costner, Crochet instructor.

**Legal Assistance**, Mondays, March 3, 17 & 31. You must call 637-0484 to schedule an appointment.

**Low Vision Support Group**, Mondays, March 17. Support group for folks with little or no vision.

**Market Group**, Mondays, March 24. Preparing for May sale.

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

**Painting**, Wednesdays. Oils, Acrylics and Watercolor.

**Party Bridge**, Monday through Wednesday.

**Quilting**, Tuesdays. This group of quilters finish quilt tops that have been put together but never quilted.

**Seniors for Creative Learning**, Tuesdays & Thursdays. For those who are preregistered through the UT Community Programs.

**Silver Stage Players**, Fridays. O'Connor drama group under the leadership of The Wild Thyme Players.

**Singing Seniors**, Tuesday, March 4. Rehearsals start for our spring concert season. Everyone welcome.

**Spanish**, Fridays. This class is the study of grammar and reading skills on an intermediate level. Textbooks and class preparation time required.

**Taoist Tai Chi**, Tuesdays & Thursdays. Cost: \$20 lifetime membership fee to the Taoist Tai Chi organization and \$10 per month for program at O'Connor.

**Texas Hold 'Em Poker Club**, Wednesdays. For those who know how to play or would like to learn. Contribution: \$2.

**U.S. and Global Economy**, Wednesdays, March 19. Dr. Tony Spiva, Professor Emeritus, UT.

**Water Aerobics**, Monday-Thursday, at the Cansler Family YMCA that shares parking lot with O'Connor. Cost: \$2.

**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 men and women woodcarvers; personal instruction for beginners.

## 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

March 11: St. Patrick's Day Party; March 25: *Smooth Sailing Transitions: Spring Cleaning*, by Moline Ezell.

### Straw Plains Community, Lyons Creek Baptist Church

Fourth Thursday, 10:00 am. Monthly program and free blood pressure screenings.

## UPCOMING EVENTS

**SmartFIX I-40 Information Update on Road Closing**, Wednesday, April 16, at 1:00 pm.

**Kidney Screening**, Friday, April 25, 8:00 am-12:00 pm. FREE kidney screening for early detection.

## Appreciation

The participants, Board, and staff of the O'Connor Senior Center wish to thank the following people for their generous support, given Oct. 2007 through Jan. 2008.

### **Donations to Center**

Quilters	Covenant Health
Jim & Frankie Hicks	AARP, Knox Co. Chap. #85
Exceptional Gifts	J. W. Black
Dr. Barry D. Ritchie	Bob Reese
Holly Krause	North Knoxville Business
T. David Pressly	Professional Ass'n.

**Donations for the Diner:** Peggy Goodman  
Joseph Miraglia

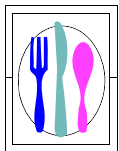
**Donations for SCL:** Justin J. Green

**In Memory of Bennie Grissom:** Happy Hikers

**In Memory of Max Beasley:** Ann Birdwell

**In Memory of Hilda Willmes:** Buckingham Community Ass'n.

## ADOPT A SENIOR SPONSORS



In Mobile Meals' Adopt A Senior program, you can provide Mobile Meals for a month, or more, for a home-bound senior citizen for \$61.75 a month. Your contribution will be recognized in this list in the next newsletter issue following your donation. For information about Adopt A Senior, call the Senior Nutrition Program, 524-2786.

The following people and organizations adopted seniors in December 2007 and January 2008.

AARP, Knox Co. Chapter # 85  
 American Wholesale  
 Anonymous (4)  
 Katherine Carr  
 Chick-fil-A Turkey Creek & Kingston Overlook  
 Vonette Clark  
 Dr. & Mrs. Robert Collier, Jr.  
 Community Pharmacy  
 Norma Cook  
 Richard & Nancy Cooper  
 Beverly Currence  
 Daughters of Penelope  
 A. Wayne & Martha Fielden  
 First Farragut United Methodist Church  
 First United Methodist Church, Pilgrimage SS class  
 Judith Arleen Fleenor  
 Fountain City Presbyterian, Presbyterian Women  
 Freedom Baptist Church, Ladies Prayer Group  
 Sherrell & Rebecca Greene  
 Mildred Gregg  
 Chris & Pat Handley  
 James & Barbara Heath  
 J. M. & Patti Henard  
 Paul & Glenna Houston  
 Nancy James  
 Arlene Katz  
 Kiwanis Club of Norwood  
 Lake Forest Presbyterian Church  
 Lake Hills Presbyterian Church  
 Robert & Helen Large  
 David & Mary Jane Lindholm  
 Mr. & Mrs. James Lovell  
 Chris McAlister  
 John McCarthy  
 Meridian Baptist Church, Ready SS class  
 Ed Arnett SS class  
 Marie Norman

Office of Disability Adjudication & Review,  
 Employee's Charitable Giving Club  
 (Bah Humbug)  
 Victor & Carol Pettit  
 Pilot Corporation Employees' Jeans Day  
 Second Presbyterian Church  
 St. John's Lutheran Church  
 Louis & Betty Thacker  
 Thrivent Financial for Lutherans,  
 Knox County TN Chapter

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

*In Memory of Mr. & Mrs. John H. Brooks*  
 John & Carole Galyon

*In Memory of Marvin Cooper*  
 John M. Cooper

*In Memory Ralph Dougherty*  
 Ernestine Dougherty

*In Honor of Dr. Brown, Dr. Davis, & Dr. Schwarz*  
 Their Staff

*In Honor of Donald R. French*  
 Linda Long

*In Honor of Dan & Ted Gayk & Families*  
 Dr. David & Debbie Gayk

*In Honor of Annabelle Goetz*  
 William & Barbara Goetz

*In Honor of Betty Grimes*  
 John & Debbie Hoskins

*In Memory of Louise Harb*  
 John & Patty Richardson

*In Honor of Edith Harms*  
 Kathy Foster

*In Memory of Robert H. Hobbs*  
 Scott & Jerry Carley

*In Honor of Emily McVeigh*  
 William & Marian Bugg

*In Honor of Rev. Bob Money*  
 Anne Kinnane

*In Honor of Mr. & Mrs. Lee Hyde, Mr. & Mrs. Richard Jones, & Mr. & Mrs. Hugh McQueen*  
 Martha Aiken

*In Honor of Dahlia Quillen*  
 James & Dorothy Petrone

*In Honor of Sue & Hooper Stiles*  
 Susan Wilson

*In Honor of Their Family at Christmas*  
 Terry Abel & Gwen Pyle

*In Honor of Van Vandergriff*  
 Jerry & Patricia Wrinkle

### Ⓛ ONE YEAR Ⓛ

*The following individuals and organizations committed in December and January to providing Mobile Meals for a year for one or more seniors.*

#### ***One senior for one year***

Accutech, LLC  
 Anonymous  
 Earl G. Bishop  
 Gerhard & Margaret Blombach  
 Rockford & Wanda Davis  
 Farragut Presbyterian Church  
 First Baptist Church, Pastoral SS Class  
 Harold & Nannie Greene  
 Ronald Jackson  
 Todd & Angela Kramer  
 Ken & Barbara Monty  
 Peace Lutheran Church  
 Hudson & Mary Topping

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

*In Memory of Frances Downen*  
 Keith & Wendy Downen

*In Honor of Mr. & Mrs. George Harbison*  
 Charles & Wilma Chadwell

#### ***Two seniors for one year***

Farragut Rotary Club  
 Rosemary Lockyer

#### ***Three seniors for one year***

East Tennessee Foundation, Packard Fund  
 J.W. Lee

#### ***Five seniors for one year***

Anonymous

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.

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

## 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 2007 and January 2008.

### CHIPS (Computers for Homebound & Isolated Persons)

Abercrombie Radiology  
Constance Carson  
Darlene Clark  
James L. Decker  
Mary Evans  
Richard Foster  
Ed Hollis  
C. Proctor  
Proffitt & Goodson  
Stephen Richmond  
Mary Smyth  
Paula Wright

### Knox PAWS

Donna Terzak

### Mobile Meals

Barbara Abner  
Tami Adams  
Cherie Alley  
Kathy Quillen & Dempsey Andes  
Jeff & Denise Barlow  
Dr. & Mrs. Beahm  
Bearden United Methodist Church  
Beaver Creek Cumberland Presbyterian Church,  
Searchers SS class

John & Connie Begovich  
Robert & Ruth Campbell  
Coldwell Banker Agents  
Colonial Heights United Methodist Church,  
J. Ray Stuart SS class  
John & Mary Dillon  
Dorwin & Phyllis Etzler  
Doris Featherson  
Erica Gavidia  
Sherry Griffin  
Mary Halsey  
Betsy Houghton  
Jeanette Kelleher  
Katherine Kerr  
Donald & Lynn Kleinfelter  
Knoxville High School  
Sally Lewis  
J. S. & Phyllis Marcy  
Marguerite McCampbell  
Dr. & Mrs. Leonard Miller  
Charlene Morgan  
John & Karen Needy  
Deborah Noonkesser  
Oakwood Baptist Church,  
Homemakers class  
Bob & Margaret Petrone  
John & Nancy Ray  
Natalie Robinson  
Ray & Barbara Rutherford  
Charles & Rosaline Slater  
Walton & Connie Smith  
Smithwood Baptist Church,  
Joy class  
John Sobieski, Jr.  
Michael Stauffer

Mildred Taylor  
June Thomas  
Mildred Truan  
Walmart  
Ben Ward  
David & Carolyn Wells  
Mary Willard  
Mike Williams  
Mike Wood  
Eleanor Wright

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

*In Honor of Robert Carpenter*  
Betty Allen

*In Memory of Hazel Carter*  
Larry & Leigh Pennington

*In Memory of Opal Daniel*  
Gerhard & Margaret  
Blombach

*In Memory of Robert Davis*  
Cariten Healthcare  
Larry & Susan Howell  
Mary Rule

*In Honor of Carl Floyd*  
Chuck & Anne Lee

*In Memory of Margurette Freeman*

H. E. & Barbara Bittle  
Kenny, Jr., & Sherry Blake  
Sharon Donnell  
Michael & Nicole Fenwick  
Barbara & Mike Lady  
Mr. & Mrs. James Lovell  
Jay Stinnett  
Mark Hazelwood &

Joann Williams  
James & Tammy Wombold  
*In Memory of Linda Furtsch*  
Tom & Georgann Byerley

*In Memory of Raymond Hambrick*  
Betty Hambrick

*In Memory of Rose Morgan*  
Louis & Betty Thacker

### Project LIVE

Art Allen  
Bruce Bower, Jr.  
Steven Conner  
David Ecklund  
Rock-Tenn Co.  
Alice Spencer

### RSVP

Dempsey Andes

Senior Citizens Information & Referral Service  
Jeff & Glenna McRae

### Senior Companion Program

Betty Cook  
Covenant Health



## Don't Miss Your Meeting!

*Mark your calendar now with your March meeting dates*



**The Family Caregiver Support Program's Caregiver Meetings** are for anyone of any age who is

a caregiver for a senior citizen. The caregiver meeting is offered on the second Tuesday of each month, from 5:30 p.m. to 7:00 p.m., at the L.T. Ross Building, 2247 Western Avenue. Each month there is an informational program of interest to caregivers. The next meeting is on **March 11**. Refreshments are served. Please call 524-2786 to register (not required).



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

To be a friend, you need not be an expert, just someone who is interested in helping a good program be even better. There is no obligation to attend every meeting; we just need new ideas and fresh perspectives. The group meets on the first Wednesday of each month at the Mobile Meals Kitchen, 1747 Reynolds Street. **Please note new meeting time: 1:30 p.m.** The next meeting will be on **March 5**.



**The Interagency Council is made up of social services professionals who serve senior citizens.**

The meetings allow 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 most months at 3:00 p.m. at the L.T. Ross Building, 2247 Western Avenue. The next meeting is on **March 19**. Call 524-2786 if you need more information.

# 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 **Spring Holiday, Friday, March 21.** Mobile Meals participants will receive a boxed lunch for this day.



**Spring** is quickly approaching and so are the many volunteer positions at several community agencies. Following are some you might consider.

If you like the outdoors: **Habitat Urban Gardens**, working with a volunteer team planting foundation plants for a new HABITAT homeowner; or **Ijams Nature Park**, preparing flower beds or clearing and pruning winter debris.

Rainy-day volunteers are welcome at the **Knoxville Museum of Art** in the gift shop or as a docent. Be a **respite caregiver** to help relieve family members for a half-day break. Or help with **light data entry** (needed at several locations).

All positions include training, very flexible hours, and additional perks onsite, and have the "RSVP seal of approval" as great places to volunteer. Contact RSVP for more information at 524-2786 or [becky.hare@knoxcac.org](mailto:becky.hare@knoxcac.org).



**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 Wednesdays, beginning **March 5**, 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 Service at 524-2786.



**The 15th edition of the Senior Service Directory** has been out for about a year, and already the

Office on Aging is planning production of the 16th edition. The Knox County Office on Aging relies on community support to print as many copies as possible of this popular and useful resource book for senior citizens and family and professional caregivers. Thanks to the generosity of our sponsors, we were able to print 50,000 copies of the 15th edition, but already the supply is running low.

A message in the directory is a perfect way for your organization to reach the mature market in our

community with information about your products or services.

Your organization can have a message in the directory for as little as \$575. For information about sponsoring the directory, call the Office on Aging at 524-2786.



**Save the date to dance the night away with the Senior Companion Program!** *Dancing with the Seniors*,

featuring the Brad Walker Orchestra, is a Senior Companion Program event that will take place on Saturday, April 26, from 6:00 p.m. to 9:00 p.m. at the Kerbela Temple. Tickets cost \$10. More details will be in the April newsletter. For more information, call Covenant Senior Health at 541-4500.

**The Senior AIDES Program enables persons age 55-plus to find work** 20 hours a week at minimum wage. The program provides income and training for low-income Knox County seniors and an invaluable resource to the community. Call the Knoxville Senior AIDES Program at 215-6886 if you are at least 55 and seeking a job. You must have a Social Security card, valid driver's license or state ID card, and proof of income.

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## ***Help for Seniors Stressed by "Information Overload"***

### **Council on Aging meetings**

**Dates:** Thursday, March 13

**Time:** 2:00 p.m.

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

Today's information bombardment leaves many seniors confused, so the Council on Aging is addressing three current issues in the hope of allaying some seniors' fears and consternation. The Council on Aging meeting will be held on Thursday, March 13, at 2:00 p.m. at the O'Connor Senior Center, 611 Winona Street.

#### *Analog to Digital Television*

Most seniors have heard by now that all television broadcasters will make the switch from analog to digital signals on February 17, and that

people with older TV sets will need to upgrade or buy a converter. This news has left many seniors feeling like the plug has been pulled on their television viewing. Come learn from Bob Williams, chief engineer at WATE-TV, as he clarifies what is actually going on and whether you need to take action.

#### *Property Tax Relief for Income-Eligible Seniors*

Many people are confused about the benefits of, and the application process for, the recently enacted property tax freeze program. Sharon Russell from Senior Citizens Information & Referral Service will explain the program, as well as other property-tax programs aimed at helping income-eligible seniors.

#### *Federal Income Tax Tips*

'Tis the season for tax-filing, and

Bob Reece with AARP Tax Counseling for the Elderly will have some tips and information on ways that will improve the bottom line on your return this year (or on future returns, if you have already filed this year).

"It is the aim of the Council on Aging that members understand this information themselves and also take it back to the organizations that they represent—their churches, neighborhoods, or other retirees' groups," said Nancy Sentell, chair of the executive committee of the Council on Aging. "Confusion about these matters may result in stressed seniors making uninformed decisions. We want to help seniors by providing good information."

Refreshments for the meeting will be provided by Wells Fargo Reverse Mortgage. 