

Carter Buzz



March / April 2016 Newsletter

Knox County Carter Senior Center

9040 Asheville Highway Knoxville, TN 37924



The center will be closed on

Friday, March 25th - Good Friday



Wednesday, March 2nd - 11:00am ... Carter Café and Movie Matinee

Join us for a movie and our homemade goodies! We will be serving a BBQ Pork Sandwich, Cucumber Salad, Deviled Eggs, Ice Cream Sandwich, and Water for \$5.00. Be sure to sign up a week in advance and reserve your lunch today! When we run out of food, the kitchen closes!

Friday, March 4th - 10:00am ... Humana New Member Orientation

You are invited to a special New Member Welcome meeting. Humana is hosting this exciting event, so you can learn more about your new healthcare benefits. Find out about all that your Humana Medicare Advantage plan has to offer in an up-close and personal way. Get the details about Silver Sneakers Fitness and other wellness programs. Learn about Humana Value Added Items and Services and see all the extras that may be available for you to receive with your health benefits like vision, dental, and much more! So join us for an introduction to your plan benefits and start on your journey to health and well-being.

Monday, March 7th - 11:00am ... FIELD TRIP - Mighty Musical Monday - Jazz Vocalists

The Tennessee Theatre welcomes special guests, jazz vocalists, Kelle Jolly and Will Boyd. In addition to our musical guests, Bill Snyder and Freddie Brabson will play selections on the Mighty Wurlitzer Organ. This is a **FREE** concert at the beautiful Tennessee Theater. Lunch is available for \$5.00. **Bus space is limited, so sign up early.**

Tuesday, March 8th & April 12th - 2:00pm ... Beginner Computer Class - FREE

To keep up with a rapidly changing world, it is important to develop and maintain good computer skills. Knowledge of the computer never goes out of date. This class uses hands on demonstrations and activities to practice your skills. Bring your laptop or use one of the computers in our lab. **Sign up is required!**



Wednesday, March 9th - 11:30am ... Clear Caption Phones for Seniors - Words Matter

Audiologists' studies show that 48 million Americans suffer from hearing loss, including 1 out of 3 Seniors between the ages of 65 and 80. This sometimes leads to feelings of isolation and frustration when trying to communicate by telephone. Fortunately, there's a federal program that allows any American citizen with hearing loss, a landline telephone and Internet access to receive a FREE captioned phone and service to help them remain connected to those who matter most in their lives. Come on by and learn how you can receive yours!

Wednesday, March 9th - 2:00pm ... Great War Heroes of East Tennessee (NEW CLASS)

Tennessee is known as the Volunteer State with good reason. East Tennessee has provided more than its fair share of military heroes during our nation's times of trouble. This class will look closely at several of the more prominent examples of courageous East Tennesseans, including Admiral David Farragut, Sergeant Alvin York, and Davy Crockett. We will also take a brief look at some of the lesser-known local figures who have fought bravely during more recent wars and conflicts, such as Buck Karns, for whom a major bridge was named. Along the way, we will investigate the special qualities that have made East Tennesseans so loyal and patriotic.

Friday, March 11th - 8:30am ... Edward Jones Coffee Club with Darron Kidwell

This month's topic will be about the Quarterly Market Outlook Report for Quarter 1-2016. This report looks at what is going on in the capital markets this quarter. This is not meant to be a short-term prediction, it is meant to help provide insight to look at the long-term picture in achieving financial goals. Light Refreshments served.

Monday, March 14th & April 11th - 11:30am ... Super Seniors Monthly Meeting

Ever wondered what "Super Seniors" is all about? Well here is your chance to come by and find out! Every 2nd Monday of the month, the Super Seniors club meet up and have lunch together here at the center. They are looking for some friendly new faces to join their group. Come on by and give it a try! Bring a covered dish to share.

Monday, March 14th - ALL DAY ... National Potato Chip Day

Did you know that Americans consume 1.2 billion pounds of potato chips each year? It's the nation's favorite snack food! But, it's not just a snack food. It's the potato of choice for many lunchtime and dinner meals. Researchers have found that regular potato chips are by far the most popular. To celebrate this day, stop on in and grab yourself a bag!

Wednesday, March 16th - 11:30am ... The Prevention of Injuries to the Diabetic and Aging Feet

Join Mark Kirshner as he will be speaking about the therapeutic Shoe Bill for diabetics and how the diabetic may qualify for shoes and custom inserts at little to no cost. Common foot problems associated with the aging foot can be serious in seniors and he will discuss how to treat those common problems with shoes and orthotics.

Tuesday, March 22nd & April 26th - 2:00pm ... iPad / Tablet Class - FREE

Do you consider yourself "technologically challenged"? Join Linda Ramsey as she will be starting from the very basics and taking it nice and slow as she introduces you to the wonderful things your iPad / Tablet can do. She will cover the buttons, switches, the standard apps, how to buy other apps, some great tips, tricks and much more! **Sign up is required!**

Wednesday, March 23rd - 11:30am ... Mutual of Omaha

Join Tom Westbrook as he introduces you to information that Mutual of Omaha has available to help seniors preserve their assets in the event of misfortune. In addition to Long Term Care, they also have two new products designed to provide cash when you need it most....upon diagnosis of cancer, heart attack, or stroke. These two products pay a lump sum, tax-free benefit that can be used for anything you choose, including ongoing expenses, health insurance deductibles, home health care service and travel for treatment. Come on in and get some valuable information.

Monday, March 28th - 12:00pm ... Lunch Bunch - Cracker Barrel

Nobody likes to eat out alone! We have a great group of seniors who are looking for more people to join them. Let's meet at the center and try out the Senior Specials that our local restaurants offer. **Sign up to reserve your spot.**

Wednesday, March 30th - 11:30am ... Veterans Services

The Knox County Veterans Office visits our center each month. Any veteran or spouse may come in to our center for one-on-one assistance with veterans issues, paperwork, questions, and assist with filing proper forms. **Please call the Veterans Services Office at 215-5645** to register in advance and find out what documents are needed to file a claim.

Wednesday, March 30th - 11:30am ... Potluck - Giving Thanks

It doesn't have to be Thanksgiving Day to give thanks. This potluck, let's make a new twist on an old classic, and enjoy roasted turkey, stuffing, mashed potatoes, gravy, yams, green bean casserole and pumpkin pie which can be enjoyed all year round. Please be sure to stop by the front desk and let us know what you are bringing!

Friday, April 1st - 9:00am ... Knox County Health Department Presents: Living Well with Diabetes - FREE

Developed by Stanford University, *Living Well with Chronic Conditions* is a proven **six-week workshop** that teaches people how to better manage the physical, social, and emotional effects of chronic conditions like arthritis, diabetes, and lung and heart disease. The program is designed to help empower people to manage their health by providing tools for coping with disease symptoms, improving quality of life, and strengthening or building a support system to navigate the many challenges encountered along the way. A minimum of 10 participants is needed, so please **RSVP no later than March 18th**.

Wednesday, April 6th - 11:30am ... Tennessee Estate Planning – It's Not Just Having a Will

Having only a living will does not adequately protect our loved ones. Attorney Kevin Dean, will discuss the need to plan for disability, as well as death and the legal documents necessary to accomplish these objectives. The probate process also will be discussed to consider the potential outcome of failing to plan for death and disability, and the seminar will end with a brief discussion of state and federal death taxes. You will leave this class with a properly executed advanced health care plan as a bonus. **Sign up is required.**

Friday, April 8th - 8:30am ... Edward Jones Coffee Club with Darron Kidwell

This month's topic will be about the Edward Jones Perspective on which Darron will discuss market topics and potential investment strategies. Participants are encouraged to observe and ask questions. Should you have any questions, stop on by and get some answers. Light Refreshments served.

Monday, April 11th - 11:00am ... Mighty Musical Monday - Vocalist Erin Shellman

The guest performer for the James A. Dick Mighty Musical Monday Program will be vocalist, Erin Shellman. In addition to our musical guest, Bill Snyder and Freddie Brabson will play selections on the Mighty Wurlitzer Organ. This is a **FREE** concert at the beautiful Tennessee Theater. Lunch is available for \$5.00. **Bus space is limited, so sign up early.**

Wednesday, April 13th - 11:00am ... Humana Medicare Education Seminar

Come learn more about Medicare and how to choose the option that is right for you! Should you have questions about your Medicare options or need additional information, be sure to come on by and join in on the discussion.

Wednesday, April 20th - 10:00am ... Take me out to the Ballgame - Senior Day with the Smokies

Does it get any better than an afternoon at the Ball Park? The Smokies Baseball Team is hosting a special Senior Day with Brunch at the Double Play Café at 10:30am, then a field level seat to their game at 12:00pm. Advance tickets will be available for purchase. CAC will also be providing free transportation, so be sure to sign up as **space is limited!**

Friday, April 22nd - ALL DAY ... National Jelly Bean Day

Who doesn't love Jelly Beans? Did you know that it takes 7 to 21 days to make a single Jelly Bean and that enough Jelly Beans were eaten in the last year to circle the earth more than five times? From good old cherry or buttered popcorn to more adventurous flavors like latte and chili mango? Stop by the center and see if you can guess how many Jelly Beans are in the jar for a chance to win! We will also have some Jelly Beans for you to sample.

Monday, April 25th - 12:00pm ... Lunch Bunch - Aubrey's

The Lunch Bunch group is growing! Come join our great group of seniors for a delicious lunch. Let's meet at the center and try out the Senior Specials that our local restaurants offer. **Sign up to reserve your spot.**

Wednesday, April 27th - 11:30am ... Veterans Services

The Knox County Veterans Office visits our center each month. Any veteran or spouse may come in to our center for one-on-one assistance with veterans issues, paperwork, questions, and assist with filing proper forms. **Please call the Veterans Services Office at 215-5645** to register in advance and find out what documents are needed to file a claim.

Wednesday, April 27th - 11:30am ... Potluck - Mama Mia, It's Italian!

You can smell the garlic in the air! Let's splurge and enjoy one of our favorites - Italian Potluck. Sign up to let us know what you are bringing so that we will have a great variety! **Buon Appetitio!**

There has been some interest in having a Senior Driving Course. This class can help you get a discount on your car insurance. A minimum of 10 people is required to have a class, so if you are interested, please stop by the front desk and sign up for a future class.



CARTER SENIOR CENTER
 9040 Asheville Highway
 Knoxville, TN 37924
 Phone / 865-932-2939 Fax / 865-933-6323
 www.knoxcounty.org/seniors
 Hours: Monday –Friday 8:00am to 4:30pm

Prst. Std.
 U.S. Postage
PAID
 Permit #309
 Knoxville, TN

“Friend” Us on Facebook
 Knox County Senior Services



Tim Burchett, Knox County Mayor
 Buzz Buswell, Director Veterans & Senior Services
 April Tomlin, Senior Services Manager
 Tara Stirone, Coordinator
 Jessica McCall, Assistant

- Medicare Part D Plans
- Medicare Advantage Plans
- Medicare Supplement
- Retirement Planning
- Final Expense/ Life Insurance
- Long Term Care Insurance

We Make It Simple

As your local, independent, senior insurance specialist, we understand that everyone's needs and financial situations are different. We represent **MANY** different insurance companies, so we can find you the coverage that will **BEST** fit your needs.

(865) 691-5571 • www.iiicn.com

HEALTH | MEDICARE | LIFE | RETIREMENT

