

# Carter Buzz



January / February 2017 Newsletter  
 Knox County Carter Senior Center  
 9040 Asheville Highway Knoxville, TN 37924

**The center will be closed on the following days**



Monday, January 2nd - *New Year's Day*  
 Monday, January 16th - *Martin Luther King Day*  
 Monday, February 20th - *Presidents' Day*

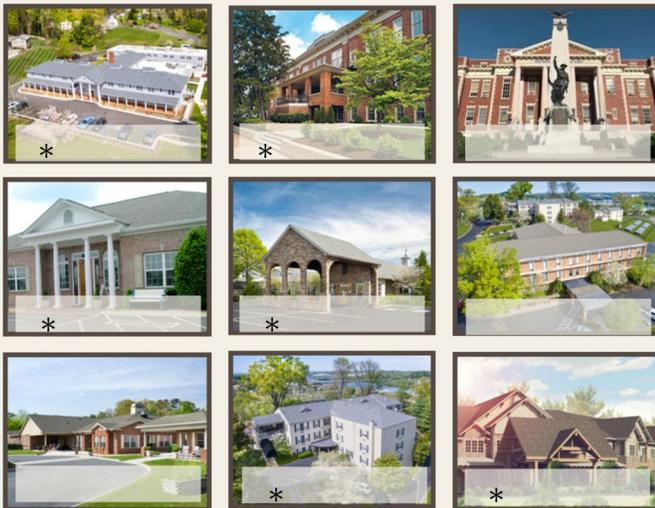


Thank you to Senior Solutions Management Group for their Platinum Sponsorship for the Mayor's Senior Appreciation Picnic.



## SENIOR SOLUTIONS MANAGEMENT GROUP

ASSISTED LIVING | MEMORY CARE | INDEPENDENT LIVING  
 RESIDENTIAL HOME FOR THE AGED | PERSONAL CARE HOMES



Senior Solutions Management Group is a family built business, focused on the needs of our residents every day. Our owner spends a great deal of time in each community every month, reminding our caregivers to stay focused on just four things...health, safety, activity and diet. He is often heard saying, "nothing else matters until we do these four things right."

If you are considering a senior living community, we know you have questions. Call us, we're happy to answer any question you may have whether you choose to live with us or not. If we don't have the answer you're looking for, we'll find it. We have a vast and capable network of resources, providers, vendors, home health agencies, and specialists available to assist you.

WWW.SSMGRP.COM  
 \*Denotes Memory Care



Thank you to EVERYONE who participated in the Operation Christmas Child project. We had such an overwhelming response, and we were able to send 45 boxes to children in other countries. Thank you for showing them that Carter Seniors Care!



Many thanks to Blake McCoy, from Independent Insurance Consultants, for generously providing the printing and mailing of the Carter Buzz newsletter. As another year passes and a new year begins, we **THANK YOU** for all you do!



### [Wednesday, January 4th - 2:00pm ... Not Your Mother's Frontier: A Brief "HERstory" of East Tennessee](#)

According to the old historians' cliché, frontier pioneers moved west, along with their "women and livestock". This class will highlight the sometimes forgotten lives and deeds of the courageous and talented women in order to give them full credit for their contributions to our shared history. From frontier wife, Bonnie Kate, to prominent suffragist, Lizzie Crozier, and French to famous songstress, Dolly Parton, these notable women amaze and inspire us across more than two centuries of East Tennessee history.

### [Tuesday, January 10th AND February 14th - 2:00pm ... Beginner Computer Class - FREE](#)

Linda Ramsey will be here for personal hands on instruction in computer basics. If you want to learn to email, Facebook with family, look up a new recipe, or just play games, she can certainly help you. Bring your laptop or use the lab.

### [Wednesday, January 11th - 11:00am ... Carter Café and Movie Matinee](#)

Join us for a movie while warming up with our homemade goodies! We will be offering Broccoli Cheese Soup in a Bread Bowl, Broccoli Cheese Rice, Grape Salad, 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, January 13th - 8:30am ... Edward Jones Coffee Club](#)

January's discussion topic will be — Outlook 2017: Better Growth and Higher Uncertainty. Coffee club is a laid-back, informal event where Financial Advisor, Darron Kidwell presents a current market update. The Edward Jones Perspective is a monthly newsletter focusing primarily on market commentary, investment strategy, and timely and current events as they relate to investing and market conditions. Darron shares the Edward Jones Perspective as a guideline to drive the conversation and provide information that is of interest and open discussion. **Breakfast Provided.**

### [Friday, January 13th AND February 10th - 8:30am ... Blood Pressure Checks by UT Medical](#)

Kathy Timme, a UT Registered Nurse will be here the next 2 months for blood pressure checks. Did you know that as many as one in three Americans have high blood pressure, and one-third of them do not even know they have it? A high blood pressure can increase your chances of developing many diseases such as heart disease, stroke or kidney disease. Having no warning signs or symptoms makes it particularly dangerous, so it is a good idea to have your blood pressure checked regularly. Be sure to make time for you and your health.

### [Wednesday, January 18th - 11:30am ... Dignity Memorial Presentation](#)

Planning for life's big events such as weddings, graduations, and retirements is something most of us do automatically. Unfortunately, many of us put off, or don't even think about planning ahead for funeral and cemetery arrangements. Yet this is one of the greatest gifts you can give your family, for their peace of mind and yours. At this informative, presentation, you'll hear people like you talk about their candid views of funeral planning. You'll hear why so many have made the wise decision to plan ahead. The atmosphere is relaxed, the discussion is candid, and **refreshments will be served.** All your questions on planning ahead will be answered, and you'll leave knowing the four simple steps to creating and sharing your final wishes with those you love.

### [Thursday, January 19th - ALL DAY ... National Popcorn Day](#)

It's National Popcorn Day! Did you know that Americans eat about 16 billion quarts of popcorn each year, which makes it one of the most popular snacks in the country? Stop by the center today to help celebrate this fun day and grab yourself a bag of popcorn!

### [Monday, January 23rd - 12:00pm ... Lunch Bunch - Mad Greek](#)

We have added a new restaurant to the list! Mad Greek serves authentic Greek, Italian, and American dishes. There is something on the menu for every taste bud. **Sign up to reserve your spot.**

### [Tuesday, January 24th & February 28th - 2:00pm ... iPad / Tablet Class - FREE](#)

Sometimes technology can be challenging for all of us. Now's the time to learn how to get the most from your iPad / Tablet with these informative classes. Participants will learn how to get the most from their device, keep it up to date with the latest software, and navigate the many apps that are available. **Sign up today!**

### [Wednesday, January 25th AND February 22nd - 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, January 25th - 11:30am ... Potluck - Comfort & Cozy Casseroles](#)

Come start your day with the eternal crowd pleaser...Casseroles! It's time to embrace and share your oven-baked creation. There are many varieties to choose from, such as chicken, macaroni, tuna, green bean, and much more! Please sign up and let us know which comfort and cozy dish you will be bringing.



New Chair Yoga Class with Instructor, Kathy Richardson will be starting April 14, 2017 and continue each Friday at 9:45am through September 15, 2017. Each participant will need to bring their own yoga mat if choosing to do floor exercises. Class instruction will offer modifications to the yoga poses to accommodate participant goals and/or challenges. Yoga practice offers opportunities to improve muscle flexibility, and to focus on deeper breathing to nourish the body and rest your soul. If interested, please sign up at the front desk.

### Wednesday, February 1st - 11:30am... Smoky Mountain Hospice Lunch and Learn

When you or a loved one has a life-limiting illness, it can seem like your world has been shattered. You might feel powerless, scared, or alone. Hospice is compassionate care focused on comfort. It is care that meets the unique needs of each person. Hospice celebrates life. It allows patients and families to make the most of every day and understand what is ahead. Lunch will be provided.

**RSVP Required.**

### Monday, February 6th - 11:00am ... Mighty Musical Monday - Akima Singers

The guest performer for the James A. Dick Mighty Musical Monday Program will be the Akima Singers. The singers' repertoire is a selection of medleys including love songs from WWII, country hits made famous by female country artists, a collection of old time gospel favorites, a medley of Broadway show tunes, girl group hits from the 1960's, Rosemary Clooney songs, ABBA favorites, and a state and nation patriotic medley. 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, February 8th - 11:00am ... Carter Café and Movie Matinee

Join us for a movie while warming up with our homemade goodies! We will be offering Penne Pasta, Meatballs, Garlic Bread, Strawberry Pretzel Salad, 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, February 10th - 8:30am ... Edward Jones Coffee Club

Be sure to join Financial Advisor, Darron Kidwell for February's Coffee Club. He will be discussing market updates and moving forward into 2017 especially with the presidential change and what effect that will play on markets/economy. **Breakfast Provided.**

### Tuesday, February 14th - ALL DAY ... Valentine's Sweet Treats

Is too much chocolate ever enough on Valentine's Day or any other time of year? Come on by and treat yourself to a sweet! We will be offering Valentine's goodies in the lobby while supplies last.

### Wednesday, February 15th - 11:30am ... "You Float My Boat" Valentine's Social

In honor of Valentine's Day, Blake McCoy, with Independent Insurance Consultants, will be here scooping out some yummy Root Beer Floats! Find your inner child and join us for a delicious drink! Who says seniors can't enjoy a little nostalgia with this childhood treat!

### Wednesday, February 22nd - 11:30am ... Potluck - Mardi Gras

"Let the Good Times Roll!" Come celebrate our potluck luncheon this month, Mardi Gras style! Be sure to wear purple, green, and gold and we will supply the beads and masks! To top it off, we will have a Traditional King Cake for all to enjoy! Please sign up and let us know which dish you will be bringing.

### Thursday, February 23rd - 11:00am ... Tai Chi Celebration and Open House

Come and find out about the ancient martial art called Tai Chi. There will be handouts about the course "Tai Chi for Arthritis", Deep Breathing, and Balance Exercises. Most of these exercises can be done safely at home. There will be demonstrations by the instructor, Don Parsley and his wife, JoAnn, which will show the simplicity of these exercises, and have proven to be beneficial for good health for centuries. You will have the opportunity to try some of the exercises and meet those who have participated in previous classes. You are encouraged to come and help us celebrate many years of teaching at Carter. Feel free to drop by at any time for a few minutes or for the entire scheduled time. **This is a FREE class.** All seniors (50+) and their guests are welcome!

**Refreshments will be served.**

### Monday, February 27th - 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.**



Knox County Public Libraries offer **BOOKS FOR THE HOMEBOUND!** They will bring the library to you! Books for the Homebound provides reading materials to adults in Knox County who are unable to come to the library due to a permanent or temporary disability. Once a month, library materials are selected based on your preferences, checked out to you, and delivered by a volunteer. Books for the Homebound is a **FREE** service provided by the Knox County Public Library for qualifying Knox County residents. For more information, or to see if you qualify, please call 865-215-8721.

### Snow Policy & Inclement Weather

**The center is open unless the Knox County Mayor closes executive offices. However, all fitness classes & Tai Chi classes follow the school closing schedule. Please watch your local television stations for closings, or go online at [www.knoxcounty.org](http://www.knoxcounty.org) for updates.**



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

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

“Friend” Us on Facebook  
 Knox County Senior Services



- 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.iicn.com](http://www.iicn.com)

HEALTH | MEDICARE | LIFE | RETIREMENT



**MEDICARE** is Confusing. **We Make It SIMPLE!**