

Carter Buzz



September / October 2024 Newsletter

Knox County Carter Senior Center
9040 Asheville Highway Knoxville, TN 37924
865.932.2939

The center will be closed on the following days:

Monday, September 2nd - Labor Day

Friday, October 18th – Staff Retreat (closing @ 11:00am)

**Knox County Presidential and Federal/State General
October 16th - October 31st**



The Carter Senior Center will be an early voting site and will be held in the multipurpose room. Please note...that for those days, some classes and programs that are held in there, will be moved to a different room. For more information please visit <https://www.knoxcounty.org/election/>

As the ADA construction upgrades are finishing up here inside our center, we just want to say **THANK YOU** to everyone for their patience through this very long process. You all have been so amazing!



Carter Senior Center
9040 Asheville Highway
Knoxville, TN 37921

SEPTEMBER 2024

Tara Stirone, Coordinator
Patty Vick, Assistant
Phone: 865.932.2939

MONDAY 8am-4:30pm	TUESDAY 8am-4:30pm	WEDNESDAY 8am-4:30pm	THURSDAY 8am-4:30pm	FRIDAY 8am-4:30pm
<p>2</p>  <p>CENTER CLOSED</p>	<p>3</p> <p>8:00 Billiards 9:00 No-Cash Poker 9:00 Bible Study 10:00 Chair Volleyball 11:00 ZUMBA GOLD 1:00 Cardio Craze 2:00 Easy Yoga</p> <p>Fitness Room Open All Day</p>	<p>4</p> <p>8:00 Billiards 9:00 No-Cash Poker 10:00 Aging Backward 11:00 Chair Volleyball 12:00 BINGO 1:15 Seated SAIL 2:00 SAIL Fitness Class 3:00 DROP IN Line Dance</p> <p>Fitness Room Open All Day</p>	<p>5</p> <p>8:00 Billiards 9:00 No-Cash Poker 9:30 Improving Mobility w/ Mindful Movement 10:00 Easy Yoga 11:00 Chair Volleyball 12:30 ZUMBA GOLD 2:00 Art Social</p> <p>Fitness Room Open All Day</p>	<p>6</p> <p>8:00 Billiards 9:00 No-Cash Poker 10:00 Senior Safety Summit @ O'Connor Senior Center 10:00 Cardio Craze 10:00 SAIL Day In The Park 2:00 Guitar Jam</p> <p>Fitness Room Open All Day</p>
<p>9 Come See Caleb!</p> <p>8:00 Billiards 9:00 No-Cash Poker 10:00 Quilting 10:00 Stretch Class 1:15 Seated SAIL 2:00 SAIL Fitness Class 3:00 History Class</p> <p>Fitness Room Open All Day</p>	<p>10</p> <p>8:00 Billiards 9:00 No-Cash Poker 9:00 Bible Study 10:00 Chair Volleyball 11:00 ZUMBA GOLD 1:00 Cardio Craze 2:00 Easy Yoga</p> <p>Fitness Room Open All Day</p>	<p>11</p> <p>8:00 Billiards 9:00 No-Cash Poker 10:00 Aging Backward 10:00 Modern Woodmen 10:30 MEET LILY TOMLIN 11:00 Chair Volleyball 12:00 Baked Goods BINGO 1:15 Seated SAIL 2:00 SAIL Fitness Class 3:00 DROP IN Line Dance</p> <p>Fitness Room Open All Day</p>	<p>12</p> <p>8:00 Billiards 9:00 No-Cash Poker 9:30 Improving Mobility w/ Mindful Movement 10:00 Easy Yoga 11:00 Chair Volleyball 12:30 ZUMBA GOLD 2:00 Art Social</p> <p>Fitness Room Open All Day</p>	<p>13</p> <p>8:00 Billiards 9:00 No-Cash Poker 10:00 Cardio Craze 11:30 Line Dance with Jennifer 2:00 Guitar Jam</p> <p>Fitness Room Open All Day</p>
<p>16 Come See Caleb!</p> <p>8:00 Billiards 9:00 No-Cash Poker 10:00 Quilting 10:00 Stretch Class 1:15 Seated SAIL 2:00 SAIL Fitness Class 3:00 History Class</p> <p>Fitness Room Open All Day</p>	<p>17</p> <p>8:00 Billiards 9:00 No-Cash Poker 9:00 Bible Study 10:00 Senior Services Walk @ Halls Greenway RSVP 865-288-3761 10:00 Chair Volleyball 11:00 ZUMBA GOLD 1:00 Cardio Craze 2:00 Easy Yoga</p> <p>Fitness Room Open All Day</p>	<p>18</p> <p>8:00 Billiards 9:00 No-Cash Poker 10:00 Aging Backward 11:00 Chair Volleyball 12:00 BINGO 1:15 Seated SAIL 2:00 SAIL Fitness Class 3:00 DROP IN Line Dance</p> <p>Fitness Room Open All Day</p>	<p>19</p> <p>8:00 Billiards 9:00 No-Cash Poker 9:30 Improving Mobility w/ Mindful Movement 10:00 Easy Yoga 11:00 Chair Volleyball 12:30 ZUMBA GOLD 2:00 Art Social</p> <p>Fitness Room Open All Day</p>	<p>20</p> <p>8:00 Billiards 9:00 No-Cash Poker 10:00 Cardio Craze 2:00 Guitar Jam</p> <p>Fitness Room Open All Day</p>
<p>23 Come See Caleb!</p> <p>8:00 Billiards 9:00 Tech Smart Telehealth 9:00 No-Cash Poker 10:00 Wisdom Tabling Q&A 10:00 Quilting 10:00 Stretch Class 1:15 Seated SAIL 2:00 SAIL Fitness Class 3:00 History Class</p> <p>Fitness Room Open All Day</p>	<p>24</p> <p>8:00 Billiards 9:00 Tech Smart Telehealth 9:00 No-Cash Poker 9:00 Bible Study 10:00 Chair Volleyball 11:00 ZUMBA GOLD 1:00 Cardio Craze 2:00 Easy Yoga</p> <p>Fitness Room Open All Day</p>	<p>25</p> <p>8:00 Billiards 9:00 Tech Smart Telehealth 9:00 No-Cash Poker 10:00 Aging Backward 11:00 PIG OUT COOKOUT 1:15 Seated SAIL 2:00 SAIL Fitness Class 3:00 DROP IN Line Dance</p> <p>Fitness Room Open All Day</p>	<p>26</p> <p>8:00 Billiards 9:00 Tech Smart Telehealth 9:00 No-Cash Poker 9:30 Improving Mobility w/ Mindful Movement 10:00 Easy Yoga 11:00 Chair Volleyball 12:30 ZUMBA GOLD 2:00 Art Social</p> <p>Fitness Room Open All Day</p>	<p>27</p> <p>8:00 Billiards 9:00 Tech Smart Telehealth 9:00 No-Cash Poker 10:00 Cardio Craze 11:30 Line Dance with Jennifer 2:00 Guitar Jam</p> <p>Fitness Room Open All Day</p>
<p>30 Come See Caleb!</p> <p>8:00 Billiards 9:00 Tech Smart Telehealth 9:00 No-Cash Poker 9:00 Haircuts By Wendy 9:30 SFG Tabling Q&A 10:00 Quilting 10:00 Stretch Class 10:00 Toenail Trimming 1:15 Seated SAIL 2:00 SAIL Fitness Class 3:00 History Class</p> <p>Fitness Room Open All Day</p>				<p>*****</p> <p>For more program information, check out our website: Knoxcounty.org/ Senior Services</p> <p>*****</p>

Carter Senior Center
9040 Asheville Highway
Knoxville, TN 37921

OCTOBER

2024

Tara Stirone, Coordinator
Patty Vick, Assistant
Phone: 865.932.2939

MONDAY

8am-4:30pm

TUESDAY

8am-4:30pm

WEDNESDAY

8am-4:30pm

THURSDAY

8am-4:30pm

FRIDAY

8am-4:30pm



KNOX COUNTY
TENNESSEE

<p>1</p> <p>8:00 Billiards 9:00 No-Cash Poker 9:00 Bible Study 10:00 Chair Volleyball 11:00 ZUMBA GOLD 1:00 Cardio Craze 2:00 Easy Yoga</p> <p>Fitness Room Open All Day</p>	<p>2</p> <p>8:00 Billiards 9:00 No-Cash Poker 10:00 ANOC-Humana 10:00 Aging Backward 11:00 Chair Volleyball 12:00 BINGO 1:15 Seated SAIL 1:30 ANOC-Humana 2:00 SAIL Fitness Class 3:00 DROP IN Line Dance</p> <p>Fitness Room Open All Day</p>	<p>3</p> <p>8:00 Billiards 9:00 No-Cash Poker 9:30 Improving Mobility w/ Mindful Movement 10:00 Easy Yoga 11:00 Chair Volleyball 12:30 ZUMBA GOLD 2:00 Art Social</p> <p>Fitness Room Open All Day</p>	<p>4</p> <p>8:00 Billiards 9:00 No-Cash Poker 10:00 Cardio Craze 2:00 Guitar Jam</p> <p>Fitness Room Open All Day</p>	
<p>7 Come See Caleb!</p> <p>8:00 Billiards 9:00 No-Cash Poker 10:00 Quilting 10:00 Stretch Class 10:30 Senior Coverage Q&A 1:15 Seated SAIL 2:00 SAIL Fitness Class 3:00 History Class</p> <p>Fitness Room Open All Day</p>	<p>8</p> <p>8:00 Billiards 9:00 No-Cash Poker 9:00 Bible Study 10:00 Chair Volleyball 11:00 ZUMBA GOLD 1:00 Cardio Craze 2:00 Easy Yoga</p> <p>Fitness Room Open All Day</p>	<p>9</p> <p>8:00 Billiards 9:00 No-Cash Poker 10:00 Wisdom Tabling Q&A 10:00 Aging Backward 10:30 MEET LILY TOMLIN 11:00 Chair Volleyball 12:00 BINGO 1:15 Seated SAIL 2:00 SAIL Fitness Class 3:00 DROP IN Line Dance</p> <p>Fitness Room Open All Day</p>	<p>10</p> <p>8:00 Billiards 9:00 No-Cash Poker 9:30 Improving Mobility w/ Mindful Movement 10:00 Easy Yoga 11:00 Chair Volleyball 12:30 ZUMBA GOLD 2:00 Art Social</p> <p>Fitness Room Open All Day</p>	
<p>14 Come See Caleb!</p> <p>8:00 Billiards 9:00 No-Cash Poker 10:00 Quilting 10:00 Stretch Class 1:15 Seated SAIL 2:00 SAIL Fitness Class 3:00 History Class</p> <p>Fitness Room Open All Day</p>	<p>15 Early Voting Setup</p> <p>8:00 Billiards 9:00 No-Cash Poker 9:00 Bible Study 10:00 Senior Services Walk @ Sequoyah Hills RSVP 865-288-3761 10:00 Chair Volleyball 11:00 ZUMBA GOLD 1:00 Cardio Craze 2:00 Easy Yoga</p> <p>Fitness Room Open All Day</p>	<p>16 Early Voting Begins</p> <p>8:00 Billiards 9:00 No-Cash Poker 10:00 Aging Backward 11:00 Chair Volleyball 12:00 Baked Goods Bingo 1:15 Seated SAIL 2:00 SAIL Fitness Class 3:00 DROP IN Line Dance</p> <p>Fitness Room Open All Day</p>	<p>17 Early Voting</p> <p>8:00 Billiards 9:00 No-Cash Poker 9:30 Improving Mobility w/ Mindful Movement 10:00 Easy Yoga 11:00 Chair Volleyball 12:30 ZUMBA GOLD 2:00 Art Social</p> <p>Fitness Room Open All Day</p>	
<p>21 Early Voting Come See Caleb!</p> <p>8:00 Billiards 9:00 No-Cash Poker 10:00 Quilting 10:00 Stretch Class 1:15 Seated SAIL 2:00 SAIL Fitness Class 3:00 History Class</p> <p>Fitness Room Open All Day</p>	<p>22 Early Voting</p> <p>8:00 Billiards 9:00 No-Cash Poker 9:00 Bible Study 10:00 Chair Volleyball 11:00 ZUMBA GOLD 1:00 Cardio Craze 2:00 Easy Yoga</p> <p>Fitness Room Open All Day</p>	<p>23 Early Voting</p> <p>8:00 Billiards 9:00 No-Cash Poker 10:00 Tax Relief / Tax Freeze 10:00 Aging Backward 11:00 Devoted Health Seminar 11:00 Chair Volleyball 12:00 BINGO 1:15 Seated SAIL 2:00 SAIL Fitness Class 3:00 DROP IN Line Dance</p> <p>Fitness Room Open All Day</p>	<p>24 Early Voting</p> <p>8:00 Billiards 9:00 No-Cash Poker 9:30 Improving Mobility w/ Mindful Movement 10:00 Easy Yoga 11:00 Chair Volleyball 12:30 ZUMBA GOLD 2:00 Art Social</p> <p>Fitness Room Open All Day</p>	
<p>28 Early Voting</p> <p>8:00 Billiards 9:00 No-Cash Poker 9:30 Humana Tabling Q&A 9:00 Haircuts By Wendy 10:00 Quilting 10:00 Stretch Class 10:00 Toenail Trimming 1:15 Seated SAIL 2:00 SAIL Fitness Class 3:00 History Class</p> <p>Fitness Room Open All Day</p>	<p>29 Early Voting</p> <p>8:00 Billiards 9:00 No-Cash Poker 9:00 Bible Study 10:00 Chair Volleyball 11:00 ZUMBA GOLD 1:00 Cardio Craze 2:00 Easy Yoga</p> <p>Fitness Room Open All Day</p>	<p>30 Early Voting</p> <p>8:00 Billiards 9:00 No-Cash Poker 10:00 Aging Backward 11:00 Chair Volleyball 12:00 BINGO 1:15 Seated SAIL 2:00 SAIL Fitness Class 2:00 Veterans Services w/ Gabe 3:00 DROP IN Line Dance</p> <p>Fitness Room Open All Day</p>	<p>31 Early Voting Ends</p> <p>8:00 Billiards 9:00 No-Cash Poker 9:30 Improving Mobility w/ Mindful Movement 10:00 Easy Yoga 11:00 Chair Volleyball 12:30 ZUMBA GOLD 2:00 Art Social</p> <p>Fitness Room Open All Day</p>	
				<p>11</p> <p>8:00 Billiards 9:00 CarFit Event 9:00 No-Cash Poker 10:00 Cardio Craze 11:30 Line Dance with Jennifer 2:00 Guitar Jam</p> <p>SPECIAL EVENT</p> <p>Fitness Room Open All Day</p>
				<p>18 Early Voting</p> <p>8:00 Billiards 9:00 No-Cash Poker 10:00 Cardio Craze</p> <p>CENTER WILL BE CLOSING @ 11am for STAFF RETREAT</p> <p>Fitness Room Open All Day</p>

CAC OFFICE ON AGING Senior Angel Tree

2024



In 2023, Senior Angel Tree made spirits bright by delivering 768 gifts and 396 grocery gift cards to local Seniors in need of holiday cheer! This year's Angel Tree will launch on Monday, November 4th.

This effort is only possible through the help of volunteers. Our Retired & Senior Volunteer Program (RSVP) puts in hundreds of hours to make the Senior Angel Tree happen. Want to help?

Volunteers call each recipient in October to check wish lists. They help with gift pick-ups in November, followed by wrapping gifts in December. You can also help by adopting a need. Keep an eye out for the official launch at your Senior Center!

- To volunteer, contact RSVP at 865-524-2786 or rsvp@knoxseniors.org
- To donate, drop by your local Senior Center starting November 4th!

THE CAC - RETIRED & SENIOR VOLUNTEER PROGRAM PRESENTS:

2024 SENIOR SAFETY SUMMIT

EMERGENCY PREPAREDNESS FOR WEATHER DISASTERS

LOCAL EMERGENCY ORGANIZATIONS WILL BE PRESENT TO
SHARE INFORMATION AND RESOURCES TO BE PREPARED!

FRIDAY, SEPTEMBER 6, 2024
10AM - 12PM

O'CONNOR SENIOR CENTER
611 WINONA ST, KNOXVILLE, TN



AmeriCorps
Seniors

 **CAC** Community
Action
Committee
OFFICE ON AGING



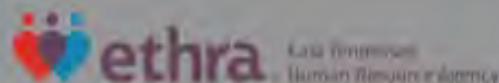
"S.A.I.L.* DAY IN THE PARK"
FRIDAY, SEPT. 6, 2024
10:00 a.m. - 12:30 p.m.

**COME JOIN US FOR THE 4TH ANNUAL
S.A.I.L. DAY AT LAKESHORE PARK
FOR A FUN HOUR OF EXERCISE, LIVE MUSIC,
VARIOUS EXHIBITS (SEE BELOW),
FOOD TRUCK, ICE CREAM TRUCK,
& GIVEAWAYS.**

EXHIBITS *presented by:*

****Stay Active &
Independent for Life***

- doTERRA essential oils and products - Leah Crawford
- Endurance Massage & Fitness - Ingrid Beverly
- Humana Health Care: Leah Lovely/Brad Stapleton
- Lakeshore Park Conservancy - Julieanne Foy/Brittany
- LifeWave - Ann Lorimer Spencer
- Senior Fitness Personal Trainer - Denise Njuguna
- The Empirical Herbalist - Ruth Shelton



**East Tennessee History with
Dr. Henry Wilson
Every Monday @ 3pm**



The East Tennessee class will continue their chronological approach to local history by focusing on the 80's. Please help us celebrate that tumultuous era by digging out your leisure suits and bell bottoms and by reviewing some classic MTV videos, as we discuss the pros and cons of the “Reagan Revolution,” as well as highlight major cultural and political developments in East Tennessee during this decade.

Modern Woodmen



FRATERNAL FINANCIAL

WORKSHOP



KARLY HUCKABEY

Modern Woodmen has helped provide financial security to families since 1883. With a long history of financial stability, our investment philosophy safeguards funds our members place with us.

Investing In Election Year

Is now a good time to invest or should I wait until after the election? How do I choose wisely?

Financial Scams

Recognize the signs and do not become a victim of financial/phishing scams.

Legacy Planning for Generations

What can I do to ensure financial success for my kids and grandkids? How do I set my family up for financial freedom?

SEPT. 11

@ 10 AM

CARTER SENIOR CENTER

RSVP : Call or Text @ (865) 800-4018



Wednesday, September 11 AND October 9 @ 10:30am

MEET LILY TOMLIN...

Although you may be thinking of the comedian and actress Lily Tomlin, this Lily is a rescue dog. She is approximately 11 years old. She was found on the interstate downtown clinging to a retaining wall scared stiff as traffic flew by her. She had just had puppies, and no one knows what happened to them. She is lucky to be alive and definitely a miracle. She is especially sweet and loving. She also likes attention. Fortunately, Lily's story continues on a brighter path since her adoption by Senior Services Manager, April Tomlin. This year Lily completed her HABIT (Human-Animal Bond In Tennessee) training and is an approved therapy dog to visit nursing homes, assisted-living residences, retirement centers, rehabilitation facilities, and more. HABIT is composed of representatives from the University of Tennessee College of Veterinarian Medicine, from the community, and private veterinarian practitioners. If you would like to meet Lily Tomlin, she will be visiting us here at the center, so be sure to stop on by and get a few snuggles in.



HABIT

HUMAN-ANIMAL BOND IN TENNESSEE



Line Dance with Jennifer

Friday, September 13 and 22
Friday, October 11 @ 11:30am

Let the fun begin! Put on those dancing shoes and join us for some high stepping fun. Learn basic country line dances in a comfortable, welcoming, fun-filled class! It's fun, great exercise and it will free the dancer in you! So come on out and join instructor, Jennifer Barret and get your YEE HAW on!

A little bit about Jennifer...She moved to Seymour, Tennessee in August of 2017. She first got into dance with the Knoxville Squares and square

danced for 3 years. During that time she was exposed to line dancing and that became her passion. In 2021, she became intricately involved with the Mountain Line Dancers group in Sevierville.

In October of 2023, she assumed management of the group and now leads all the classes at the senior center in Sevierville. She brings with her a masters degree in education and a love for teaching and dancing with others!





Halls Greenway and Senior Center Tour

**September 17th
@ 10:00 AM
4405 Crippen Road**

Meet at the Halls Senior Center for a quick tour before we head out on the Halls Greenway.

The Halls Greenway connects Halls Community Park with the Halls Library on Emory Road. To the north, it runs .6 mile along Beaver Creek and crosses some unusual wetland areas with access to nature trails and an overlook. Southbound from the park, it continues .3 mile to Summer Oak Lane.

**Lunch on your own at
Bel-Air Grill
3820 Neal Drive**



**Register for the walk by calling
865-288-3761 or email
seniorservices@knoxcounty.org**



Tech Smart Telehealth

SEPTEMBER 23-27 & SEPTEMBER 30 @ 9AM-12PM

If you are 50 or older and interested in learning practical computer skills to meet your needs in this current electronic age, sign up for the training today. CAC will offer 18 hours of training, 3 hours a day for 6 days, and after the completion of this training you will go home with a new Chromebook, bag and mouse pad for only \$25. Telehealth is the delivery of health care services at a distance through technology, such as conducting medical visits, monitoring patients' vital signs, or sharing test results. **Some of the benefits of telehealth include:**

- Getting care at home, especially for people who can't easily get to their providers' offices.
- Getting care from a specialist who is not close by.
- Getting care after office hours.
- More communication with your providers. Cost savings, convenience, and the ability to provide care to people with mobility limitations, or those in rural areas who don't have access to a local doctor or clinic.
- Reduced exposure to pathogens and support for people with chronic conditions.

Please Note: If you have taken the class before, you may retake it, but WILL NOT be eligible for a computer.

Registration is Required, so please stop by the front desk and sign up as space is very limited.



LET'S TALK ABOUT MEDICARE!



**The biggest changes
to Medicare in 25+
years!!!**

To learn more about
your Medicare
options, eligibility, and
get answers to all your
questions & snacks!!

**Carter
Senior Center**

Date: 09/23/2024

Time: 10AM- 12PM





PIG OUT COOKOUT



Wednesday, September 25 @ 11am

LET'S SEND SUMMER OFF IN STYLE!

We cannot think of a better way than with a good, old-fashioned Pig Out Cookout...with great food and friends! And there's nothing better than having a cookout with all the sides and fixin's, courtesy of all our amazing sponsors! Many thanks to...

Mike Andrews (Andrews Physical Therapy)

Isis York (Wellington Manor of Knoxville)

Tamika Gray (TVA Credit Union)

Tina Smith (Hillcrest Healthcare)

and Karly Huckaby (Modern Woodmen)

And did we mention that we will also be having some live entertainment courtesy of the Halls Hula Dancers! You definitely don't want to miss this!

So mark your calendars and join us for this fun-filled event.



HairCuts by Wendy

**Monday, September 30 &
Monday, October 28**

*** 9am – 3pm ***

Basic Cut - \$17.00

Dry Cuts Only

**Appointment
Required**



**Wendy Fancher, licensed
cosmetologist, and hair stylist will be here
every last Monday of the month to offer
haircuts. Should you need hair services,
please call the center at 865-932-2939 and
set up an appointment as she only has a
limited number of space available.**



Need Help with Medicare?

Senior Financial Group can help you select the right plan - for the right price.



Talk to a Local Medicare Expert on **September 30**

Senior Financial Group is on a mission to make healthcare more accessible, affordable, and tailored to the needs of seniors.

We will help you understand all your insurance options and prepare you to make educated decisions regarding your coverage.



Brandon Dicorato
(865) 350-6730
brandon.dicorato@sfgmedicare.com
Call for a Free Consultation

Our Services

→ Insurance Education

We provide comprehensive education and guidance so you can navigate the complexities of insurance with confidence.

→ Personalization

Explore coverage options personalized to you, empowering you to live the happy, healthy life you deserve.

→ Local Support

Work with a team that is always here for you, helping you with claims, plan changes, and anything else you come across on your healthcare journey.

Monday, September 30 at 9:30 AM

Carter Senior Center

Toenail Trimming

Monday, September 30 AND October 28

10:00am-4:00pm

APPOINTMENT REQUIRED

Most of us don't really give a lot of consideration to having our toenails cut, but it can be a very important aspect of your healthcare. As we get older, it might get harder to bend over and see what needs to be cut.

That's why we are excited to offer toenail trimmings here at the center. **The cost is \$13.00 for both feet.** So, if you are unable to do this yourself, then this service is ideal for the health and safety of you and your feet.



If interested, please stop by the front desk and sign up or give us a call here at the center at 865.932.2939

Humana®

Annual Notice of Change

Wednesday, October 2 @ 10am & 1:30pm

Medicare is always changing so it's important that you come on by and learn about the plan changes for the 2025 Humana Gold Plus plan. This program is for current Humana members. If you're interested in learning more about Humana

Gold Plus or any other advantage plan and are unable to attend the meeting, please call or text Teja Cain at 865-661-4451 or Linda Staffen at 877-404-8060 ext.1 to schedule your private appointment.





LET'S TALK ABOUT MEDICARE!



**The biggest changes
to Medicare in 25+
years!!!**

To learn more about
your Medicare
options, eligibility, and
get answers to all your
questions & snacks!!

**Carter
Senior Center**

Date: 10/09/2024

Time: 10AM- 12PM



Does Your Car "Fit" You?

FREE Carfit Event for Mature Drivers

What is Carfit?

- ✓ CarFit is based on a 12-point checklist.
- ✓ Provides One-on-One help with a trained CarFit Technician.
- ✓ Provides safety information and resources for mature drivers.



The goals of Carfit:

- ✓ Help mature drivers improve the "fit" of their vehicles for safety and comfort.
- ✓ Promote conversations among older drivers and families about safe driving and mobility.
- ✓ Link adults with local resources that can help ensure they drive as long as safely possible.

Friday, October 11

9:00am-12:00pm

Location: Carter Senior Center
9040 Asheville Hwy.

Appointments are **REQUIRED**

Limited space available

To make an
appointment, please
call 932-2939 or see
Staff at the front desk.

CARFIT

Helping Mature Drivers Find Their Safest Fit

Knox County Senior Services Monthly Walk

Cherokee Blvd in Beautiful Sequoyah Hills

1400 Cherokee Blvd. / Sequoyah Park

October 15th, Tuesday

10:00am

Lunch after walk at Holly's Gourmet Market

5107 Kingston Pike

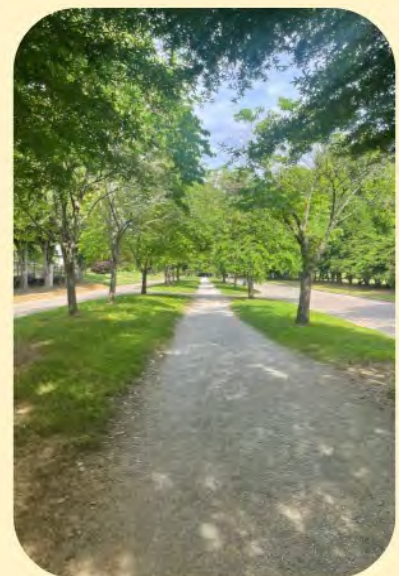
Register at: seniorservices@knoxcounty.org or call 865-288-3761



We will meet at Sequoyah Park (most western park/close to the corner of Scenic Drive and Cherokee Blvd) We will walk down the riverbank and cut over to the median pathway to the Indian Burial Mound. Then we will turn around and head back on the median pathway looking at the beautiful homes and fall colors.

Restrooms are available in the parking area.

Approximately a 2 miles walk on flat ground.



Elderly & Disabled Veterans Property Owners Tax Relief and Tax Freeze

Wednesday, October 23 @ 10:00am

Are you 65 and over, own your primary residence, and your income in 2023 was \$36,370 or below you may qualify for Tax Relief.

Are you 65 and over, own your primary residence and your income in 2023 was \$60,000 or below you may qualify for Tax Freeze.



If you are a Disabled Veteran, Widow(er) of a DV own your primary residence you may qualify for Tax Relief .

Applications are open October 1, 2024 — April 5, 2025
You must sign up every year.

Knox County Trustee Justin Biggs and members of his team will be at Knox County Senior Centers in October to meet with you to answer questions and accept your applications.

October 1 at 10 A.M. Karns Senior Center 8042 Oak Ridge Highway Knoxville, TN

October 9 at 9 A.M. Corryton Senior Center 9331 Davis Drive Corryton, TN

October 10 at 10 A.M. Halls Senior Center 9331 4405 Crippen Rd, Knoxville TN

October 11 9:30 A.M. West Knox County Senior Center 239 Jamestown Blvd, Suite 101 Farragut, TN

October 22 at 10 A.M. South Knox Senior Center 6729 Martel Lane Knoxville, TN

October 23 at 10 A.M. Carter Senior Center 9040 Asheville Highway Knoxville, TN

Devoted Health Medicare Seminar

Wednesday, October 23 @ 11am

Teja Cain of Core Insurance Advisors will be presenting plans from the **newest & fastest growing** Medicare Advantage company called **Devoted**. Come learn about this revolutionary company, making waves in the Medicare industry. Sales materials and information will be available. You don't want to miss this presentation! Q&A session will follow. If you are unable to attend this special program, you can make a personal appointment with Teja by calling or texting 865-661-4451.



Humana®

Monday, October 28 @ 9:30am

Medicare Q&A with Penny Mayo

It's that time of the season again! If you feel overwhelmed by all the Medicare marketing and are confused with all the options, join Humana representative, Penny Mayo, as she will be here at the center offering a Medicare Q&A. So bring your questions and she will help you get answers.



Know your Medicare basics

Medicare Advantage Insurance Plans



PART A:
Hospital

Medicare Part A is Hospital insurance and helps cover cost if you are staying in a hospital, skilled nursing facility or hospice care.

PART B:
Medical

Medicare Part B is Medical insurance and helps cover cost for doctor services, outpatient care, durable medical equipment and other medical services. If you enroll in a Medicare Advantage Plan you must continue to pay your Part B premium.

PART D:
Prescriptions

Medicare Part D is Prescription Drug coverage, and helps cover the cost of many outpatient prescription drugs. If you enroll in a Medicare Advantage Plan this drug coverage is usually included into the plan, otherwise it is offered through insurance companies as a separate plan.

PART C:
Medicare Advantage

Part C, also known as Medicare Advantage, includes Part A, Part B, and continues Part D. It is all in one plan.



KNOX COUNTY

VETERANS SERVICES OFFICE

THE KNOX COUNTY VETERANS SERVICES OFFICE WILL BE AT THE SENIOR CENTERS TO PROVIDE ONE-ON-ONE ASSISTANCE TO VETERANS AND FAMILY MEMBERS.

WE WILL EXPLAIN VA BENEFITS, ANSWER QUESTIONS, AND ASSIST VETERANS AND FAMILY MEMBERS WITH FILING FOR THEIR VA BENEFITS.

Corryton- October 14, 2024 2:00 pm to 4:00 pm

Halls- October 16, 2024 2:00 pm to 4:00 pm

Carter- October 30, 2024 2:00 pm to 4:00 pm

Corryton- November 6, 2024 2:00 pm to 4:00 pm

Halls- November 20, 2024 2:00 pm to 4:00 pm

Carter- November 27, 2024 2:00 pm to 4:00 pm

Corryton- December 9, 2024 2:00 pm to 4:00 pm

Halls- December 18, 2024 2:00 pm to 4:00 pm

**CALL THE KNOX COUNTY SENIOR CENTER TO
SCHEDULE AN APPOINTMENT**

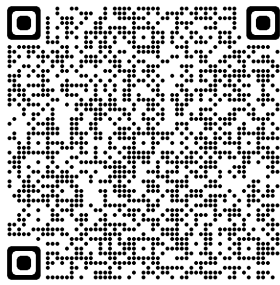


Halloween

TREAT YOURSELF!

Thursday, October 31st
ALL DAY

We are gonna celebrate Halloween, “Carter Style”! At Halloween time, there are costumes, trick or treating, and lots of candy. We can promise you, that when you stop by on Halloween, there will be no tricks, just treats! So come on by, and sample the tasty treats, and delicious sweets that will be too good to eat!



presents 13 free breakfasts for Veterans and guests monthly
Coffee at 8:00 am - Chow line 8:30 am

First Saturday

Elks Lodge #160
5600 Lonas Drive, Knoxville 37909

Sevierville First Methodist Church
214 Cedar St., Sevierville 37862

Second Saturday

Hillcrest Community Church
1615 Price Ave, Knoxville 37920

Kodak Church
2923 Bryan Rd, Kodak 37764

Third Saturday

Community Center
1708 West Emory Rd, Powell 37849

First United Methodist Church
121 East Meeting St, Dandridge 37725

Seymour First Baptist Church
11621 Chapman Hwy, Seymour 37865

Ebenezer United Methodist Church
1001 Ebenezer Rd, Knoxville 37923

Last Saturday

Oliver Springs DAV
Tri-County Chapter 26
530 Kingston Ave, Oliver Springs 37840

Knoxville DAV Chapter 24
2600 Holbrook Dr, Knoxville 37918

Louisville VFW Post 5154
2561 Hobbs Rd, Louisville 37777

Wears Valley United Methodist Church
3110 Wears Valley Rd, Sevierville, 37862
Located approximately 7 miles S of
Pigeon Forge and 8 miles NE of Townsend

Starting March 30th

West End Baptist Church
116 West End St, Newport 37821

For more information or to sponsor a
breakfast call 865-604-4443



VETERAN URGENT CARE RESOURCES



Veterans enrolled in VA health care can use over 4,000 urgent care locations.

Care is available to treat non-life threatening conditions.

When to choose VA urgent care:

- If you're a Veteran enrolled in VA health care, and
- You received care at a VA or in-network provider sometime in the past 24 months.
- VA and in-network urgent care providers can meet many of your health care needs. They may be able to provide some diagnostic tests, like certain blood and urine tests.
- You can often get care for minor illnesses or injuries much faster than in an emergency room.



When using urgent care at a community provider:

You can also show the card on your mobile device.

What do to when you arrive at a community urgent care provider:

- Confirm that the provider is in VA's network. If you go to an out-of-network urgent care provider, you may have to pay for the full cost of care.
- Show your VA Health Identification Card and fill out the provider's intake form.
- Tell the provider you want to use your VA urgent care benefit. Show the provider your urgent care assistance card if requested.



Do you need help using your VA urgent care benefits?

Call 888-901-6609 if the provider is in Puerto Rico, Washington, D.C., or any of these states:

- AL, AR, CT, DE, FL, GA, IA, IL, IN, KS, KY, LA, MA, MD, ME, MI, MN, MO, MS, NC, ND, NE, NH, NJ, NY, OH, OK, PA, RI, SC, SD, TN, VA, VI, VT, WI, or WV.

Call 866-620-2071 if the provider is in any of these states:

- AK, AS, AZ, CA, CO, GU, HI, ID, MP, MT, NM, NV, OR, TX, UT, WA, or WY.
- Your region listed on the card to check your eligibility.



CHECK YOUR ELIGIBILITY!

FIRST, CALL:
1-800-MyVA411
(1-800-698-2411)
(TTY: 711).

SELECT:

OPTION 1

THEN

OPTION 3

AND THEN

OPTION 1

Family members are not authorized to use urgent care benefits.



DOWNLOAD VA URGENT CARE BILLING INFORMATION CARD

<https://www.va.gov/COMMUNITYCARE/docs/programs/OCC-Billing-Information-Card.pdf>



FIND VA-APPROVED PROVIDERS AND PHARMACIES

<https://www.va.gov/find-locations>

Choosing VA means getting everything you need in one spot. Learn more about VA urgent care, eligibility requirements and examples of urgent care services by visiting VA's dedicated urgent care benefit page at <https://www.va.gov/resources/getting-urgent-care-at-va-or-in-network-community-providers/>.

Have Questions? 1-800-MyVA411 (1-800-698-2411) is always the right number.

For more information, visit <https://www.VA.gov>.

Knox County Senior Services

Knox County Senior Services is dedicated to serving approximately 145,000 Knox County citizens who are age 50 years or older. All centers are professionally staffed and provide diverse programming specifically geared toward seniors. These programs provide recreation, educational information and social activities. Our senior centers are a great resource for connecting seniors with needed services in our community. Please follow the links for detailed information about each of the six Knox County Senior Centers. The John T. O'Connor Center located in the City of Knoxville is operated by the CAC Office on Aging.

Mission: To provide community seniors with diverse quality of life programming for their physical, social and intellectual well-being.



Robert "Buzz" Buswell
Director
Robert.Buswell@knoxcounty.org



April Tomlin
Senior Services Manager
April.Tomlin@knoxcounty.org

Senior Centers

[Carter Senior Center](#)

Phone: 865-932-2939

[Corryton Senior Center](#)

Phone: 865-688-5882

[West Knox County Senior Center](#)

Phone: 865-288-7805

[Halls Senior Center](#)

Phone: 865-922-0416

[Karns Senior Center](#)

Phone: 865-951-2653

[South Knoxville Senior Center](#)

Phone: 865-573-5843



KNOX COUNTY
TENNESSEE

For more information, please visit our website at www.knoxcounty.org/seniors