

Additional Sources of Information from the Knoxville-Knox County Office on Aging:

Senior Service Directory is a compact, easy-to-use directory of services and information for senior citizens, family caregivers, and professionals who work with senior citizens in Knox County. Published every other year. Free. Call the Office on Aging if you are interested in sponsoring the directory.

Weekly Update provides news about the Office on Aging and the O'Connor Senior Center schedule of activities in the Sunday *Knoxville News-Sentinel*.

Elder News & Views is the Office on Aging's bimonthly newsletter. It contains the O'Connor Senior Center's monthly event calendars, articles about Office on Aging happenings, events around town, and issues and topics of interest to senior citizens in Knoxville and Knox County. Free to anyone in Knox County. Call 524-2786 to get on the mailing list (postal or e-mail) or to learn about becoming an advertiser.

Aging: A Family Affair is an annual workshop that offers practical advice on issues of interest to senior citizens and caregivers, both family members and professionals.

Check out the **Office on Aging and the online versions of the Senior Service Directory and Elder News & Views** at www.knoxseniors.org

Knoxville-Knox County



The Knoxville-Knox County Council on Aging is the advisory body to the Office on Aging.

Council meetings are held

- on the **second Thursday** of each month (with a break in July and August),
- at **2:30 p.m.**,
- at the **O'Connor Senior Center**, 611 Winona Street.
- Meetings are **open to the public** and always include an **informational program**.

The public is invited and encouraged to attend meetings. However, only members may vote on issues before the council.

Both individuals and agencies or organizations are eligible for membership. There are no dues or membership fees. Any person or group desiring membership can join the organization by filling out an application, which is available from the Office on Aging, 524-2786.

Knoxville - Knox County



OFFICE ON AGING

524-2786

www.knoxseniors.org

Mail: P.O. Box 51650
Knoxville TN 37950-1650

Street: 2247 Western Avenue
Knoxville TN 37921

Programs of the Knoxville-Knox County CAC Office on Aging



Affordable Medicine Options for Seniors (AMOS) provides individual advice and assistance to lower prescription medicine costs and help in sorting through Medicare options during enrollment periods and other insurance questions.



CHIPS (Computers for Homebound & Isolated Persons) connects seniors who are isolated by frail health or caregiving duties with the world by giving them donated computers. Seniors must provide and pay for Internet service.



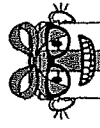
Daily Living Center provides adult day care for free or at low cost for income-eligible seniors. RN on call; free transportation. Mon.-Fri., 8 a.m.-3 p.m., Phone: 689-8412



Foster Grandparent Program enrolls eligible seniors, age 55+, to volunteer 20 hours a week and receive a small stipend, in children's programs in Knox and Blount counties.



Grandparents As Parents Program offers support, advocacy, and information to grandparents and relatives raising family children.



Gift of Sight, Hearing & Dentures is a revolving loan fund that helps low-income seniors get exams for and receive eyeglasses, hearing aids, or dentures. Call SCIRS, 546-6262, to apply.

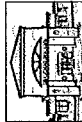
Call (865) 524-2786



Knox PAWS (Placing Animals With Seniors) helps low-income seniors find suitable pets from local shelters. Free.



Mobile Affordable Meal Service delivers hot, nutritious weekday meals to people of all ages for a fee. Next-day service, no eligibility requirements.



O'Connor Senior Center, 611 Winona Street, provides opportunities for education, socialization, recreation, physical fitness, health education, and screenings for people age 50+. Dine-A-Mite Diner, Internet Café. Phone: 523-1135.



One Call Club is a low-cost membership program for people of all ages that arranges services with reliable providers for club members. Phone: 595-3006.



Project LIVE (Living Independently through Volunteer Efforts) helps frail older people stay in their own homes. Provides case management. Volunteers do minor home maintenance, chores, and yard work.



RSVP (Retired & Senior Volunteer Program) provides people age 55+ with opportunities to share skills and talents by serving community agencies as volunteers.



Senior Citizens Information & Referral Service (SCIRS) provides information about local senior services and referral to appropriate services if needed. Phone: 546-6262.



Senior Community Service Employment Program (SCSEP) offers job training and community service employment for limited-income persons age 55+.



Senior Companion Program enrolls income-eligible seniors, age 55+, to volunteer 20 hours a week and receive a small stipend by providing personal supportive services to homebound adults.



Senior Employment Service provides job-search workshops, job placement services, and job fairs for seniors seeking employment.



Senior Nutrition Program & Mobile Meals provides hot, nutritious weekday meals delivered to the home or served in congregate sites. Age 60+; eligibility requirements.



Volunteer Assisted Transportation provides accessible and affordable transportation through volunteer drivers to Knox County seniors and persons with disabilities who require assistance for safe travel. Phone: 673-5001.