BLOUNT SENIORS VILLAGE NEWSLETTER

A Season of Thanks, A Community of Caring

Welcome to the November edition of the Blount Seniors Village Monthly Newsletter!

As Thanksgiving approaches, we are reminded to pause and appreciate the people and moments that enrich our lives. Family gatherings, friendships, a neighbor's kindness, and the beauty of our Tennessee mountains all give us reasons to be thankful. Sometimes, the greatest blessings are the simplest: a warm meal, a familiar voice, or someone who takes the time to ask how we are doing.

Yet gratitude belongs in every season, not just around the Thanksgiving table. Even during challenging times, small moments of connection can bring comfort and hope. Being thankful does not mean overlooking life's difficulties. It means recognizing the kindness, support, and opportunities that help us through them.

Here at Blount Seniors Village, we are grateful for the older adults, families, caregivers, volunteers, businesses, and community organizations that make Blount County such a special place to call home. Your willingness to share knowledge, lend a hand, and care for one another strengthens our entire community.

This month, consider turning gratitude into action. Call someone who may be lonely. Thank a caregiver. Check on a neighbor. Invite someone to share a meal. A simple gesture can make a lasting difference.
We hope this edition brings you useful information, encouragement, and a few reasons to smile. Thank you for being part of our village and helping it grow.

Wishing you and your loved ones a peaceful Thanksgiving and a spirit of gratitude that lasts throughout the year.

In This Issue:

- Trivia
- Why Annual Medicare Reviews Matter
- Yesteryear in Blount County
- Quote of the Month
- Riddles
- Welcome to the Village
- Accepting Help and Maintain Your Independence
- An American Hero Turns 100
- Caring for the Caregiver
- Why I Do What I Do
- Don't Let Your Memories Fade Away
- Tennessee CARETag
- Senior Discounts
- Blount Seniors Excursions
- Riddle & Trivia Answers
- We want to hear from you!

TRIVIA

Q: Which Thanksgiving pie ingredient was among the crops historically grown in Cades Cove?

Q: Which U.S. president proclaimed a national Thanksgiving holiday

Q: Which Native American people joined the Plymouth colonists at the harvest gathering commonly called the first Thanksgiving? This is for real historians!

Answers on the last page of the newsletter

Why Annual Medicare Reviews Matter

As an independent insurance agent and consultant for the past 15 years, I have stressed the importance of annual reviews with my clients. Medicare can be confusing, especially when it comes to Medicare Advantage plans. With so many options, changing benefits, provider networks, and prescription drug formularies, it can be difficult to know whether your current coverage still meets your needs.

That's why having a knowledgeable independent insurance agent you trust can make a real difference.

Medicare Information & Resources

Medicare Advantage plans can change from year to year. Premiums, copayments, deductibles, prescription drug coverage, and participating doctors and hospitals may all change. A physician who was in your plan's network last year may not participate next year. Your medications may also be covered differently, potentially increasing your out-of-pocket costs.

An annual review gives you an opportunity to evaluate these changes before they affect your healthcare and your budget. It also allows you to discuss changes in your health, medications, preferred doctors, and financial circumstances that might influence your coverage decisions.

Just as importantly, you should feel comfortable asking questions. Medicare is not something you should have to navigate alone. A good independent agent takes the time to explain your options, address your concerns, and help you understand the differences between available plans without pressuring you into a decision.

The Annual Enrollment Period, October 15 through December 7, is an ideal time to review Medicare coverage and determine whether changes are appropriate for the coming year.

Your healthcare needs deserve attention every year, not just when you first enroll in Medicare. Establishing a relationship with a trusted agent and scheduling an annual review can help you make informed decisions, avoid unpleasant surprises, and maintain coverage that fits your individual needs.

Call me, **David Topor**, to schedule a no-obligation consultation and learn more. The Annual Enrollment Period ends December 7.

Yesteryear in Blount County

This photograph of a circus in downtown Maryville, looking east, was taken around 1910. From 1887 to 1915, the second location of The Maryville Times (now The Daily Times) occupied part of what is now the parking lot immediately west of the White Star Station venue.

Credit: Mark Bennett, Archivist, City of Maryville

Quote of the Month

"Gratitude is the prerequisite for joyfulness."

Brené Brown

BLOUNT COUNTY SHERIFF'S OFFICE

SENIOR OUTREACH

865-273-5147

Riddles

1. **I have many keys, but I cannot open a single door. What am I?**
2. **The more you take away from me, the bigger I become. What am I?**
3. **I have a neck but no head, and I can hold something to drink. What am I?**
4. **I get wetter as I dry. What am I?**

Answers on last page

Adult Driver Services
TN Qualified Provider Driver Rehabilitation Services
Helping Maintain Independence
Thomas Antkow
866-277-0001
Tom.A@DriveSafer.info
www.AdultDriverServices.com

Realized I had to use the bathroom.

Got up and walked across the house, to the pantry.

Couldn't remember why I was in the pantry.

remembered I had to use the bathroom.

Walked across the house to the bathroom.

Sitting on the throne I remembered why I went to the pantry...

Toilet paper.

Accepting Help and Maintaining Your Independence

Accepting help does not mean giving up your independence. It can be a practical way to protect it. A ride to an appointment, assistance with housekeeping, or help preparing meals can free your time and energy for activities you enjoy.

Start by identifying one task that feels tiring, difficult, or stressful. Then consider asking a trusted friend, family member, or local service provider for support. Be clear about what you need and how you prefer things done. Your choices should guide the arrangement.

Remember, independence is not about doing everything alone. It is about having a voice in your daily life and making decisions that work for you. Accepting a little assistance can help you continue living life on your terms, with greater comfort, confidence, and peace of mind.

Contact us at www.BlountSeniors.com if you need assistance finding help.

YOLO Foundation

Making Dreams Come True for Adults with Life Threatening and Terminal Illness

An American Hero Turns 100

In May 2026, the YOLO Foundation received a request for a “big party.” Shortly afterward, we learned that the wish was for an American hero. The party was for Walter, a World War II veteran, lifelong musician, and hardworking man who has contributed to his community his entire life. When planning the party, Walter was asked what he wanted included. His response was simple: "Don't get too wild! Most of all, I want my band to play music there, and I want to enjoy everyone who attends. And I want some fried chicken, birthday cake, and ice cream."

On September 19, the day of the party, nearly one hundred people attended Walter’s big party, including family and friends who traveled from as far away as Maine and southern Louisiana. His son remarked, "How many 100-year-old people actually know this many people, much less have them come to their party?" It was a testament to his father, a very humble gentleman who is always making new friends, many of whom he met while playing music throughout the community.

Walter was honored at his party as any American hero should be. The celebration began with a presentation of colors by the Junior ROTC from South Doyle Middle School in Knoxville. The young cadets were led by retired U.S. Army Major Marcus Vartan and Staff Sergeant Juan Alvarez, a combat veteran. The national anthem followed, with a special rendition by Dolly Parton, one of Walter's favorite musicians. The honors did not stop there. Walter was then presented with a proclamation from the State of Tennessee, sponsored by state Senator Tom Hatcher. He also received an American flag from the 151st Air Refueling Squadron. The flag had been flown aboard a KC-135 (Dolly 925) during Operation Epic Fury. Before the party moved on to music and dancing, Walter was presented with a birthday cake and more than two hundred birthday cards from people in the community and beyond who had heard about his party and wanted to play a small part in a big celebration.

As the music began, Walter showed that he had not lost his love of playing with the band. Although he could no longer play his guitar, he brought it with him and kept it close while he sang several songs with his bandmates. At 100, Walter is still living every minute of his life with gusto and positivity.

Learn more about the YOLO Foundation at: www.YOLOFoundation.org

Caring for the Caregiver: You Don't Have to Do It Alone

Caregiving often begins quietly: a ride to the doctor, a few meals in the freezer, or an evening call to make sure medication was taken.

Then one day, you realize you are managing appointments, meals, medications, bills, personal care, and decisions no one prepared you to make. Whether you are caring for an aging parent or a spouse with a chronic illness, the responsibility can become overwhelming.

Caregiver stress does not always arrive as a crisis. It may appear as poor sleep, headaches, irritability, fatigue, weight changes, or loss of interest in things you once enjoyed. You may feel anxious, angry, or exhausted, then feel guilty for feeling that way.

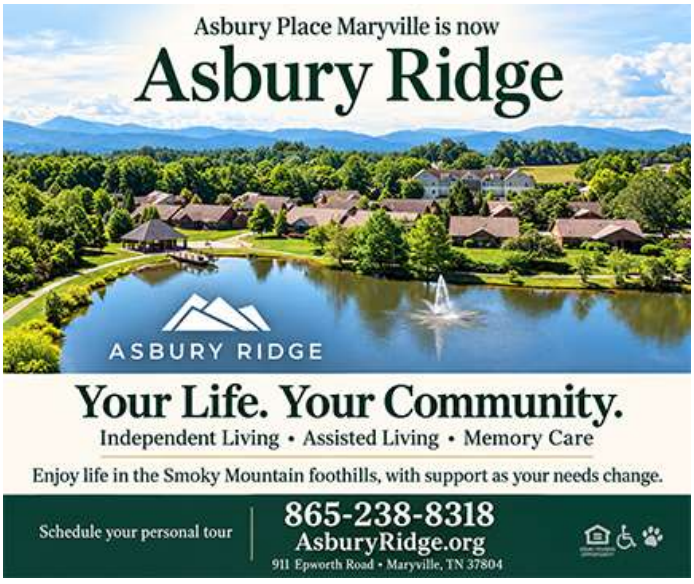
That is when it is time to pause and ask for help.

Start with specific requests. Family and friends may be able to bring a meal, provide transportation, pick up groceries, mow the lawn, or sit with your loved one. Local caregiver groups, respite programs, adult day services, and trusted home-care providers can also offer relief.

Set realistic goals, organize medical information, and begin conversations about driving, future care, powers of attorney, and living arrangements before a crisis occurs.

When care becomes too complex to manage alone, **Foothills Care Management Services** can help. Our nurse-led team coordinates providers, organizes care, connects families with local resources, advocates during a hospital or rehabilitation stay, and creates personalized plans that support safety and independence.

Most importantly, protect your health. Eat, sleep, keep your appointments, and step away when needed. Caring for yourself is not selfish; it is essential.



When my husband, Steve, and I opened ComForCare, we wanted to build more than a home care business. We wanted to make a difference in people's lives.

As an owner, I often step in as a caregiver when a shift needs coverage. Why? Because when a caregiver calls out, I don't think, "Oh, someone isn't coming to work today."

Jennifer Tadlock

I think, "Someone may not have help showering, preparing a meal, taking medication, or even getting out of bed."

Behind every shift is a person depending on us.

I have had the privilege of sharing laughter, listening to life stories, holding hands during difficult moments, and saying goodbye to clients who became family.

These experiences have taught me that home care is not simply about completing tasks. It is about preserving dignity, providing comfort, and reminding people they matter.
Our caregivers do extraordinary work, and I never want us to lose sight of the responsibility families place in our hands.

At ComForCare, you are not just another client. You become part of our family.
And family shows up for one another.

That is why I do what I do.

Jennifer Tadlock, Owner, ComForCare Home Care – Maryville

BLOUNT SENIORS VILLAGE

Join and Share

Share and Learn About Community Events
Meet Like-Minded People
Recommend Resources
Offer Support
Share Tips for Better Living
And Much More

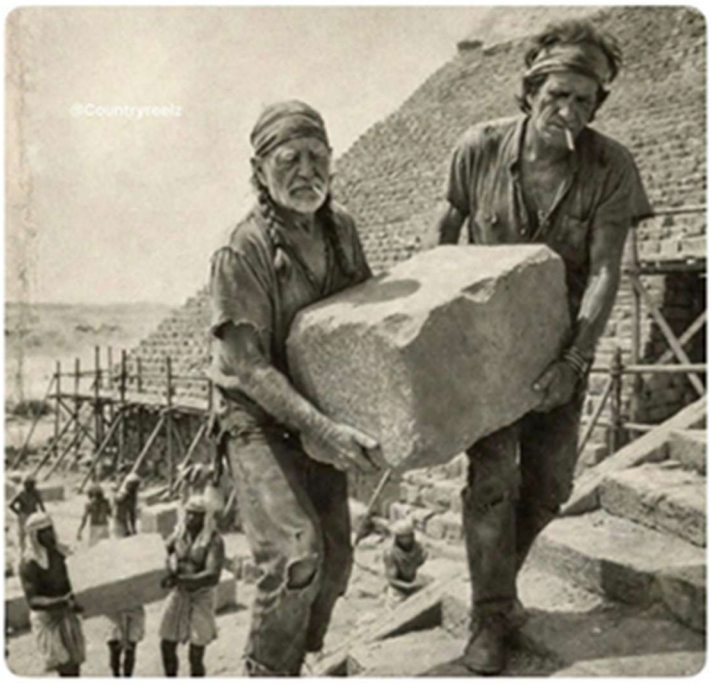
You are invited to join our Blount Seniors Village Facebook group to connect with older adults, families, and caregivers throughout Blount County.

When a Village is done right

1 + 1 = 3

Like us on Facebook
facebook.com/groups/blountseniorsvillage

Recently discovered rare footage of Willie Nelson and Keith Richard's helping build the pyramid



Don’t Let Your Memories Fade Away

Wil Davenport

Getting to know my customers and hearing their stories is what I love most! It is a pleasure to work with people who care deeply about preserving their precious, irreplaceable memories.

One customer brought me old audio recordings, hoping they could be saved. When she listened to the newly digitized recordings, tears filled her eyes. Hearing her late grandmother’s voice again made her feel as though they were sitting in the same room.

Stories like hers are why we do what we do at **More Than Memories**.

Your 8mm film reels, home movies, photographs, slides, negatives, audio cassettes, and records may hold some of your life’s sweetest moments. We convert these cherished keepsakes into digital formats that are easy to enjoy, share, and preserve for generations.

We also create custom video slideshows to celebrate birthdays, anniversaries, and other milestones, or to honor a loved one’s memory.

When you work with us, you will not have to mail your irreplaceable treasures. We meet face-to-face, so you know who cares about your family’s history. With more than 250 five-star reviews, we take pride in treating your memories with the care and respect they deserve.

Don’t let your family memories deteriorate in a closet, garage, or under the bed. Call Wil Davenport at (865) 414-3954 to discuss how More Than Memories can bring your home movies, photos, and recordings back to life.

Visit www.MoreThanMemoriesTN.com, or watch a video celebrating Mike and Marsha’s 30th anniversary for a sample of our work.

The TN Department of Health Office on Healthy Aging has a new program called CARETag. The goals are to create a universal identification system, assist first responders, improve emergency planning, and ensure proper documentation and accessibility.

https://www.tn.gov/health/healthyaging

DayBreak is the Blount County Coordinator to educate and distribute kits. Please contact us by calling **865-315-2371** or email **info@daybreakcare.org** to get a **CARETag** kit or to learn more.

DayBreak
Adult Day Program and respite care for families coping with dementia.
865-315-2371
DayBreakCare.org

Senior Discounts

Aging in place can involve many types of support. If your heating and cooling system needs service, ask our friends at Tradewinds Mechanical about their discount for older adults.

TRADEWINDS TWMAC MECHANICAL
Heating
Cooling
Refrigeration
No Gimmicks, Just Good Honest Service
Tradewinds Mechanical
Senior Discount Available
865-386-3532
www.TradewindsTN.com

Blount Seniors Excursions

If you like to travel but do not like to plan trips, you are in luck!

We will be planning a trip soon, and if you want to be notified first, simply go to www.BlountSeniors.com and sign up. There is no cost or obligation.

A Simpler Move. A Fresh Start.
Turnkey Move Guidance for Older Adults
Compassionate real estate guidance and help coordinating downsizing, packing and moving.
Leslie Woodall, Broker
29 years of local real estate experience
Let's plan your next move.
865-257-2456 Direct
865-999-HOME Office
819 W. Broadway Ave. • Maryville, TN
BLEVINS Group REALTY EXECUTIVES

AGING Family PARTNERS
Expert Guidance for Aging Families
Guidance you can trust.
Support you can feel.
Personalized Care Planning
Trusted Resource Connections
Compassionate Advocacy

Call to schedule a consultation
865-630-2800
AgingFamilyPartners.com

Riddle Answers

1. **A:** A piano
2. **A:** A hole
3. **A:** A bottle
4. **A:** A towel

Trivia Answers

A: Squash

A: Abraham Lincoln

A: The Wampanoag

We Want to Hear from You!

Feedback & Input for Future Newsletters

This newsletter is for our Blount Seniors Village, so we would love your feedback and topic ideas. Upcoming issues will focus on what you need and care about, so please share your compliments, constructive criticism, or suggestions for future topics. Together, we can build the best senior village anywhere because "it takes a village."

FREE Listings on BlountSeniors.com

If you serve older adults in Blount County, Tennessee, we want to hear from you. All listings in the BlountSeniors.com resource directory are free. To be included, email us with information about your business or organization and the category that fits it best.
It's that easy!

Sponsorships

If you would like to sponsor the website, the newsletter, or both, please contact us for more information. We have very affordable rates and a wide reach in Blount County.

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