



**BLOUNT  
SENIORS  
VILLAGE**

# NEWSLETTER

## Blount Seniors Village Newsletter

May brings a fresh sense of energy, growth, and connection, and it is the perfect time to celebrate the many ways our community continues to thrive at Blount Seniors Village. As the days grow warmer and flowers begin to bloom, we are reminded that each season offers new opportunities to gather, learn, and enjoy life together. This month's newsletter highlights upcoming events, helpful resources, and stories that reflect the spirit of friendship and support that make our village such a special place.

We are especially grateful to the people who help create this welcoming community every day—our members, volunteers, and friends. Your kindness, participation, and encouragement bring life to everything we do. We are the people that help make our Blount Seniors Village a place where seniors can stay active, connected, and inspired.

As we move into May, we hope you will take time to enjoy the beauty of the season and make the most of all that is happening around you. We look forward to seeing you at upcoming activities and sharing another month of friendship, learning, and fun together.

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## TRIVIA

1. I am filled with life, but I am not alive. I can be watered, but I do not drink. In May, I may be full of seedlings.  
What am I?
2. I work all day without speaking, I move from bloom to bloom, and I help make something sweet.  
What am I?
3. I can be soft or loud, I can arrive suddenly, And I often help flowers grow.  
What am I?
4. I am celebrated once a year, I may bring cards, flowers, and breakfast in bed, and I often falls on a Sunday in May.  
What am I?

**Answers on the last page**

*"You only live once, but if you do it right, it's enough."*

Mae West

## Deadline to Sign-up

Wednesday, May 6



Join us for our inaugural Blount Seniors Excursion to Chattanooga on Wednesday, June 3. The trip will be a one-day adventure that will include transportation on a deluxe motorcoach, delicious luncheon, and an exciting ride on the Tennessee Valley Railroad before returning home.

Sign-up at:

<https://www.blountseniors.com/excursions>

Questions: 865-368-7496

## Yesteryear in Blount County



The original GLCO's, 1951, when the Alcoa highway was just two lanes.

Source: Blount County TN History Facebook



### 1. Riddle:

What has a head and a tail but no body?

### 2. Word Scramble:

"RIEFXENSD"

### 3. Number Pattern:

5, 10, 20, 40, \_\_\_\_

### 4. Riddle:

I am tall when I'm young and short when I'm old. What am I?

### 5. Word Scramble:

"LAREX"

### 6. Logic Question:

If you have two coins that add up to 30 cents, and one of them is not a nickel, what are the coins?

Answers on last page

# YOLO

## Foundation



## Cornhole Tournament

### Sat., May 16, 2:00 pm

More Info & Sign-up

[www.YOLOFoundation.org/events](http://www.YOLOFoundation.org/events)

## Treasures: Why Friendships Matter More Than Ever in Our Senior Years

As we age, our priorities often shift toward family, health, and daily responsibilities, but one essential part of a fulfilling life should never be overlooked: friendship. Meaningful social connections play a powerful role in supporting emotional, mental, and physical well-being, especially in our later years.

### The Benefits of Friendship in Later Life

Friendships do far more than fill our calendars; they play a vital role in supporting overall health and happiness as we age. From providing emotional comfort to encouraging an active and engaged lifestyle, meaningful connections can positively influence nearly every aspect of well-being. Here are some of the key benefits that strong friendships can bring in our senior years:



#### Emotional Support & Companionship

Friendship provides comfort, laughter, and a sense of belonging. Having someone to talk to or spend time with can help reduce feelings of loneliness and isolation.

**Reduced Stress** - Sharing life's ups and downs with trusted friends can ease stress and provide new perspectives, helping you feel more balanced and supported.

**Sharper Thinking & Mental Engagement** - Regular conversations and shared activities stimulate the mind, helping maintain cognitive function and encouraging curiosity and lifelong learning.

**Improved Quality of Life** - Friends bring joy, purpose, and connection. Whether it is sharing stories, hobbies, or new experiences, these relationships add richness to everyday life.

**Physical Health Benefits** - Strong social ties have been linked to better heart health, improved immunity, and even longer life expectancy.

**A Trusted Support System** - During times of change or challenges such as illness or loss, friends can offer encouragement, understanding, and practical support when it is needed most.

**Shared Experiences & Continued Growth** - Friendships allow us to share wisdom, revisit favorite activities, and stay inspired to try new things at any age.

**Simple Ways to Stay Connected** - Maintaining friendships does not have to be complicated. Small, consistent efforts can make a significant difference.

**Reach Out Regularly:** A quick call, text, or visit can brighten someone's day.

**Get Involved:** Join clubs, community groups, or local events to meet others with similar interests.

**Use Technology:** Video calls and social media can help you stay connected with loved ones near and far.

**Plan Social Time:** Schedule lunches, walks, or small gatherings to keep relationships active.

**Listen & Engage:** Being present and supportive strengthens meaningful connections.

**Volunteer:** Giving back is a wonderful way to meet people and build new friendships.

Friendships are not just a part of our past; they are a vital part of living well today. By staying connected, engaged, and open to relationships, older adults can experience greater joy, resilience, and overall well-being.

**This helpful article was provided by Senior Care Authority®.** If you or a loved one could benefit from additional support, guidance, or opportunities for social engagement, Senior Care Authority® is here to help every step of the way. Visit online at: <https://www.seniorcareauthority.com/locations/knoxville-tn> or call: **865-396-1664**.



## Less House, More Living: A Thoughtful Guide to Your Next Chapter

For many older adults, a home is far more than a place, it is a timeline of life's most meaningful moments. So, when the time comes to move to a condominium, a one-level home, or an independent/assisted living community, it is not just a physical transition, it is an emotional one, too.

It is important to acknowledge that mixed feelings are normal. Excitement about a simpler lifestyle can exist alongside sadness about leaving a long-time home. Giving yourself time to process those emotions can make the experience smoother.

One helpful first step is to focus on *why* the move is happening—less maintenance, better accessibility, or more opportunities for community connection. Keeping those benefits in mind can shift the focus from what is being left behind to what is ahead.

Downsizing is often the biggest hurdle. Start small—one drawer, one closet at a time—and use a simple “keep, donate, gift, discard” approach. It can even become a meaningful way to pass along special items.

Another key piece is building the right support team. A licensed real estate professional can help coordinate timelines, prepare the home, and navigate the details. Be sure to choose someone experienced in senior transitions, and do not be afraid to ask. A seasoned professional often brings trusted local partners to help make the process far more manageable.

Finally, a little humor and grace go a long way. If nothing else, this process will confirm one universal truth: we all have a “mystery drawer” ... and it is always fuller than we think.

With thoughtful planning and the right support, this transition can be the start of a simpler, more enjoyable chapter.

For more information about Leslie's “Turnkey Senior Moves,” call 865-257-2456.

<https://www.blevinshomesearch.com/agents/leslie-woodall>





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## Independent Living

Comfort, dignity, and freedom — on your terms

*The best chapter of life deserves the right setting. Independent living is not giving something up — it is gaining the freedom to truly enjoy what is ahead. It is minimizing everything but “Living”*

### The Freedom of Independent Living

Getting older does not mean slowing down — it means choosing how you want to live. Independent living communities offer a compelling alternative to staying in a large family home, giving seniors the freedom to focus on what matters most: connection, wellness, and joy.

One of the greatest benefits of community living is saying goodbye to home maintenance. No more mowing lawns, fixing leaky faucets, or managing costly repairs. That time and energy are yours to spend however you choose — and that change alone can feel transformative.

You will also be surrounded by like-minded neighbors who share your life stage, interests, and enthusiasm. Friendships form naturally when you live alongside people who understand where you are in life, turning neighbors into a genuine community.

Financially, the move often makes more sense than people expect. When you factor in property taxes, homeowner’s insurance, utilities, and ongoing upkeep, independent living can cost less than maintaining a private home — with far fewer surprises.

Most importantly, independent living gives you permission to simply enjoy life. With meals, activities, and amenities close at hand, every day holds real potential for purpose, learning, and leisure. Staff are also available 24 hours a day, 7 days a week in case of emergency.

The best chapter of life deserves the right setting. Independent living is not giving something up — it is gaining the freedom to truly enjoy what is ahead.

**For more information about how to live your best life, contact MorningView:**

**865-980-6000 - <https://www.morningviewvillage.com>**



**MORNINGVIEW VILLAGE**  
SENIOR LIVING

### East Tennessee Senior Needs Program

#### Home Medical Equipment Recycling Program

East Tennessee Senior Care, Inc. collects, through donations, gently used, re-usable, in-home medical equipment from individual donors, medical clinics, hospitals, etc., to meet the needs of individuals residing in Blount, Loudon, Monroe, and McMinn counties.

#### Accepted Home Medical Equipment

Rollators, Wheelchairs, Walkers, Canes, Grab Bars, Hospital Beds, Bedside Commodes, Toilet Seat Risers, Shower Chairs & Benches, Chair Wedge Cushions, and Other Assistive Equipment.

#### How to Donate or Acquire

Donations are accepted and given out M-F from 8am-4pm

Questions: Please Call 865-273-2178



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### Technology and Today's Senior

There are so many tech products to help older adults' live life the way they wish, however, it is hard to know where to start. This article will provide five of the most commonly used GeronTechnology products for the home, based on aging-in-place and senior-tech lists: voice assistants, smart home devices, home security/safety devices, fall-detection or medical alert systems, and medication management tools.

#### Top 5 home products

1. Voice-activated assistants like Amazon Alexa, Google Nest, or Apple HomePod help with reminders, calls, music, and simple voice control.
2. Smart home devices such as smart lights, plugs, locks, and thermostats improve convenience and reduce daily effort.
3. Home safety devices including smart smoke and carbon monoxide alarms, video doorbells, and motion sensors add protection and monitoring.
4. Fall-detection and medical alert systems provide emergency support and can notify caregivers or responders quickly.
5. Medication management products such as automated pill dispensers help prevent missed doses and double dosing.

#### Why these rise to the top.

These products are popular because they support the main goals of aging at home: safety, independence, and easier daily routines. They also tend to be practical, relatively easy to use, and broadly useful across various levels of need.

#### Useful examples

A simple setup might be Alexa for reminders, a smart smoke alarm for safety, a video doorbell for front-door monitoring, and an automated pill dispenser for medications. That combination covers communication, emergency support, and day-to-day independence with minimal complexity.

**If you need assistance with evaluating, choosing, or installing products, please contact us at Blount Seniors.**

**BlountSeniors@gmail.com or 865-368-7496**

## DID YOU KNOW?



1. Did you know Bull Cave in Blount County is said to be the deepest cave in Tennessee, at about 924 feet?
2. Did you know Blount County's population was 135,280 in the 2020 census and one estimate puts Blount County's 2026 population at about 145,368?
3. Did you know part of the Great Smoky Mountains Heritage Center in Townsend tells the story of the area from 5,000 B.C. to 1930?

## Healthy Eating

### Cheesy Zucchini Gratin

4 cups sliced raw zucchini.  
 1 small onion peeled and sliced thin.  
 Salt and pepper to taste  
 1 ½ cups Monterey jack cheese  
 2 T butter  
 ½ teaspoon garlic powder  
 ½ cup heavy cream

1. Preheat oven to 375 degrees.
2. Grease a 9 x 9 or equivalent oven proof pan.
3. Overlap 1/3 of the zucchini and onion slices in the pan, then season with salt and pepper and sprinkle with ½ cup of shredded cheese.
4. Repeat two more times until you have three layers and have used up all of the zucchini, onions, and shredded cheese.
5. Combine the garlic powder, butter, and heavy cream in a microwavable dish.
6. Heat for one minute or until the butter has melted. Stir. Gently pour the butter and cream mixture over the zucchini layers.
7. Bake at 375 degrees for about 45 minutes, or until the liquid has thickened and the top is golden brown. Serve warm.

## Volunteer Time Blount County



### Volunteers Needed

Coach – Office Volunteer – Intake Specialist  
 Receptionist – Outcome Specialist

For more information visit:

[www.GoodNeighborsBC.org](http://www.GoodNeighborsBC.org) in the “How Can I Help” page.



### Blount County Community Action Agency's Office on Aging

#### Senior Transportation Program (SMiles)

Volunteer drivers needed to transport adults (60+years) to essential destinations in Blount County. Please contact SMiles Manager, Mary Mixon at [mmixon@blountcaa.org](mailto:mmixon@blountcaa.org) or call at 865-724-1331.

If your organization needs volunteer support, please email us with specific details and a digital image (if applicable) and we will get it posted in future editions as well as our social media and website if desired.

[BlountSeniors@gmail.com](mailto:BlountSeniors@gmail.com)

## And through every shift, we adapted.

Our bodies carry the marks of the times we lived through as well.

We grew up during fears of polio and tuberculosis, illnesses that once terrified entire communities before vaccines helped bring them under control. We witnessed the global challenges of pandemics and health crises across decades, including the recent silence and uncertainty of COVID-19, which reminded the world that resilience is still required in every generation.

Science itself transformed before our eyes -- We saw the discovery of the structure of DNA, the decoding of the human genome, and the early steps into gene therapy and advanced medicine. Transportation evolved from simple bicycles and steam engines to hybrid vehicles and electric cars gliding silently through city streets.

Few generations have witnessed such sweeping change. And yet, despite everything that evolved around us, certain things remain unchanged.

We still understand the joy of a cold glass bottle of lemonade on a hot afternoon.

We still remember the taste of vegetables picked straight from a garden.

We still know the value of a long conversation that unfolds slowly without a keyboard or screen interrupting it.

Our memories stretch across decades.

We celebrated births, mourned losses, watched friends depart, and carried their stories forward. Those who remain share something rare: the experience of standing at the crossroads of history, holding memories from a world that younger generations know only through photographs and stories.

But we are not relics -- We are living bridges.

Our perspective reminds the modern world that progress does not have to erase wisdom. The speed of technology does not have to replace patience, kindness, or reflection. We remember what life felt like before everything moved so fast—and that memory carries quiet lessons worth sharing.

So, when someone calls us “elderly,” we can smile.

Because behind that word lies something extraordinary. We are the generation that crossed two centuries, witnessed eight decades of transformation, and walked from the age of handwritten letters to the era of artificial intelligence.

What a life we have lived. What a remarkable story we continue to carry.

And if you belong to this generation, take a moment today to look in the mirror and recognize something powerful.

You are not simply growing older. You are living history.

You are part of a generation that will always remain one of a kind.

And, in the quietest and most meaningful way, you are becoming legendary.

***Author Unknown***

# Welcome



**Heating  
Cooling  
Refrigeration**

*No Gimmicks, Just Good Honest Service*

Welcome to Tradewinds Mechanical of East Tennessee who recently joined the Blount Seniors Village. They launched on August 1, 2025, and looks forward to servicing our local senior's heating and cooling needs. Josh Symonds, owner and operator of Tradewinds has over 25 years' experience in the Heating, Cooling, Ventilation and Refrigeration field. He has vast experience and is a master level mechanic able to repair most any heating & air (HVAC) issue.

If you have heating or cooling issues or simply need a spring check-up, they are the company you can trust to never upsell you and to repair rather than replace whenever possible.

## **No Gimmicks, Just Good Honest Service!**

Tradewinds is currently offering a spring maintenance special that will help you sleep easy when the weather begins to warm up for only \$120/system through May and a senior discount on repairs, always!

**Tradewinds Mechanical**  
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**Trivia Answers**

1. Answer: A Flowerpot
2. Answer: A bee
3. Answer: Rain
4. Answer: Mother's Day

**Brain Game**

1. A coin
2. FRIENDS
3. 80
4. A candle
5. RELAX
6. A quarter and a nickel (only one is "not" a nickel)

## 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 any comments—critical, complimentary, 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 senior adults in Blount County, Tennessee, we want to hear from you. All listings in the BlountSeniors.com resource directory are free; just email us and let us know that you wish to be included and tell us which category best fits your business.

It is that easy!

### Sponsorships

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

Randy Carson  
BlountSeniors@gmail.com  
865-210-5144