BLOUNT SENIORS VILLAGE NEWSLETTER

Blount Seniors Village Newsletter

July is here, bringing warm (HOT) days, bright skies, and an opportunity to celebrate community and our country, and the simple joys of summer. At Blount Seniors Village, this season reminds us how important it is to stay active, stay engaged, and stay connected with one another. Whether you're enjoying time with family, taking part in a favorite hobby, or attending one of our many activities, we hope this month brings moments of laughter, friendship, and renewal.

As we celebrate July 4, we are reminded of the freedoms and blessings that make our Blount community strong. Independence Day is a time to reflect on the values of service, resilience, and togetherness, while also enjoying the traditions that make the holiday special, from patriotic music and backyard gatherings to fireworks lighting up the summer sky. It is a wonderful occasion to honor our country and the people who help make our community a caring and vibrant place to live.

This month, we encourage everyone to take advantage of the longer days, stay hydrated in the summer heat, and make time for activities that bring joy and purpose. We are grateful to be part of your lives and to share another month of fellowship, support, and meaningful connection at Blount Seniors Village.

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TRIVIA

Q: In 1795, residents of what is now Blount County marked an early Independence Day by reading the Declaration of Independence aloud. What was the main purpose of public readings like this in frontier communities?

Q: During the early 1900s, Blount County's July 4 events often combined patriotic observances with agricultural fairs. What does this combination reveal about local life at the time?

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Finding Fulfillment as We Age

As we grow older, many of us begin to think differently about what makes life meaningful. In our younger years, fulfillment is often tied to careers, raising families, achieving goals, and building financial security. While those accomplishments remain important, the later stages of life offer a unique opportunity to discover fulfillment in new and often deeper ways.

Fulfillment is the feeling that our lives have purpose, value, and meaning. It is not the same as happiness, which can come and go depending on circumstances. Fulfillment is more enduring. It comes from knowing that our lives matter and that we are continuing to grow, contribute, and connect with others.

Research consistently shows that people who feel a strong sense of purpose tend to experience better physical health, improved mental well-being, and greater life satisfaction. They often remain more active, socially engaged, and resilient during life's challenges. In short, fulfillment is not just a pleasant feeling, it is an important ingredient for healthy aging.

So how do we find fulfillment as we age?

One of the most effective ways is through meaningful relationships. Spending time with family, friends, neighbors, and community groups helps us feel connected and valued. Simple conversations, shared experiences, and acts of kindness can provide a strong sense of belonging.

Another path to fulfillment is volunteering. Many older adults possess decades of knowledge, skills, and life experience that can benefit others. Whether mentoring a young person, helping at a local nonprofit, supporting a church ministry, or participating in community events, giving back often creates a powerful sense of purpose.

Lifelong learning is another key ingredient. Learning does not end at retirement. Exploring new hobbies, taking classes, reading, traveling, or developing new skills keeps our minds active and provides opportunities for personal growth. Curiosity and discovery can add excitement and meaning to every stage of life.

Many people also find fulfillment by pursuing passions that may have been postponed during busier years. Painting, gardening, writing, woodworking, music, genealogy research, or outdoor activities can bring joy while creating a sense of accomplishment.

Equally important is taking time to reflect on what truly matters. As we age, we often gain greater perspective about life. We recognize that fulfillment comes less from accumulating possessions and more from creating memories, nurturing relationships, and leaving a positive impact on others.

The greatest gift of aging is the opportunity to focus on significance rather than success. Fulfillment is not measured by what we own or achieve, but by how we live, how we love, and how we contribute to the lives of those around us.

No matter what your age, it is never too late to discover new purpose. Every day presents opportunities to learn, connect, serve, and grow. By embracing these opportunities, we can continue to build lives filled with meaning, fulfillment, and joy for years to come.

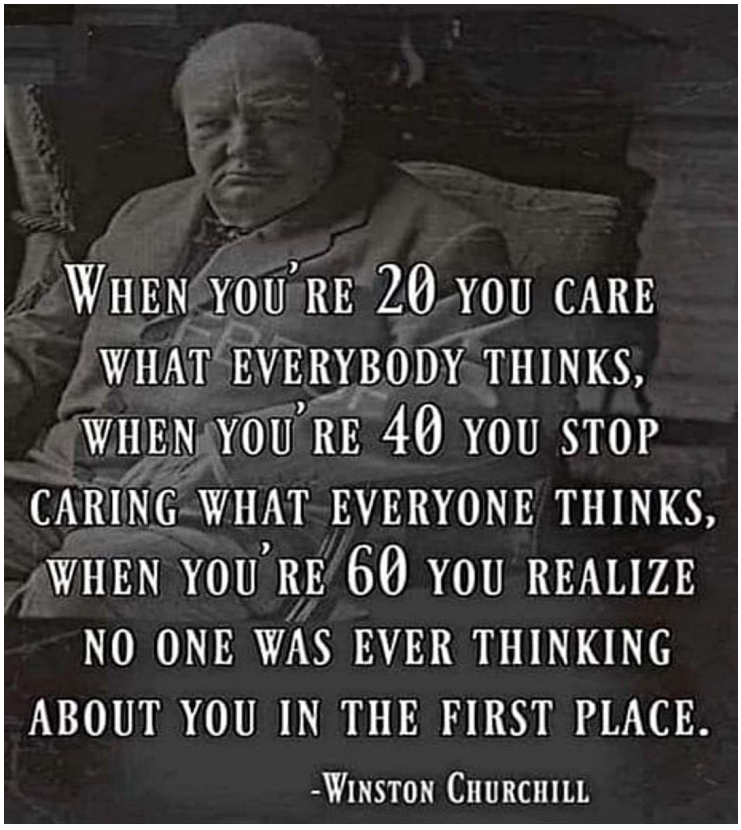
Yesteryear in Blount County

Natives may recognize this familiar stretch of road that connects Maryville and Alcoa. This was the grand opening in 1947.

What is your Math IQ

$$\frac{\sqrt{144} \times 2^{\circ}}{\sqrt{16}}$$

Answer on the last page



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You Only Live Once

Sometimes it's the simplest dream that matters the most

I met "Dobro Bill" in May of this year, just as he was approaching his 99th birthday (though he will tell you it's really his 66th if you turn it upside down). A lifelong musician and World War II veteran, he is the very embodiment of our "Greatest Generation." His stories can pull you to the edge of your seat one moment and have you laughing the next, delivered with a dry, steady wit that reflects a life well lived.

In recent years, health challenges have made it difficult for Bill to play his beloved dobro. Still, the music has never left him. He spoke quietly about wanting to pick it up again, just to try, just to feel it in his hands again.

When we asked if he might like some fellow pickers to play with him for his birthday, his eyes filled with tears. "I'd like that more than anything in the world," he said.

So that's exactly what we did.

Surrounded by friends and music, with Jeff, Sarah, and Jay ready to play, Bill celebrated his 99th birthday the way he loved most, with strings ringing and hearts full. For a little while, the years seemed to fall away, replaced by melodies, memories, and joy.

In addition, he was presented with his military service pin arranged by Amedisys Hospice.

Birthday parties do not get any better than this.

The YOLO Foundation sends wishes for the best "66th" birthday ever to Dobro Bill.

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

The City of Townsend's Annual 4th of July Celebration

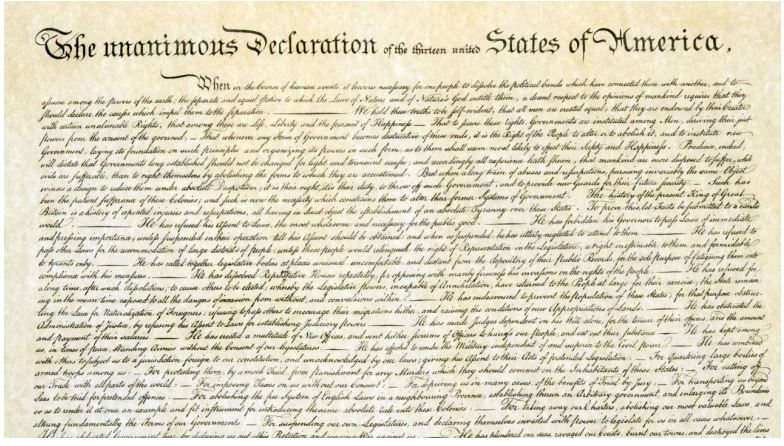
Sat, July 4
Live Music, Food & Family Fun, Fireworks Show
Festivities begin at 6:30 pm
(The Townsend Volunteer Area Fire Department will be doing their annual fundraiser: hotdogs, hamburgers, snow cones)
Fireworks Show Begins at approximately 9:45 pm

Great Smoky Mountains Heritage Center Independence 250 Concert

Bring family and friends to an exuberant musical celebration featuring a 35-piece, American brass band, and special guests, celebrating the 250th anniversary of the Declaration of Independence of the United States of America.
Bring family and friends to an exuberant musical celebration featuring a 35-piece, American brass band, and special guests, celebrating the 250th anniversary of the Declaration of Independence of the United States of America.
When: Saturday, July 4 8:00 PM - 9:00 PM
Where: Great Smoky Mountains Heritage Center, 123 Cromwell Dr Townsend, Tennessee 37882

Commemorative Reading of the Declaration of Independence

When: Wednesday, July 8, 6:00 PM - 7:00 PM
Where: Blount County Courthouse
341 Court Street, Maryville, TN 37804


The unanimous Declaration of the thirteen united States of America.

When in the course of human events, it becomes necessary for one people to dissolve the political bands which have connected them with another, and to assume among the powers of the earth, the separate and equal station to which the Laws of Nature and of Nature's God entitle them, a decent respect to the opinions of mankind requires that they should declare the causes which impel them to the separation. — We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness. — That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed, — That whenever any form of Government becomes destructive of these ends, it is the Right of the People to alter or to abolish it, and to institute new Government, laying its foundation on such principles and organizing its powers in such form, as to them shall seem most likely to effect their Safety and Happiness. Prudence, indeed, will dictate that Governments long established should not be changed for light and transient causes; and accordingly all experience hath shewn, that mankind are more disposed to suffer, while evils are sufferable, than to right themselves by abolishing the forms to which they are accustomed. But when a long train of abuses and usurpations, pursuing invariably the same Object evinces a design to reduce them under absolute Despotism, it is their right, it is their duty, to throw off such Government, and to provide new Guards for their future security. — Such has been the patient sufferance of these Colonies; and such is now the necessity which constrains them to alter their former Systems of Government. The history of the present King of Great Britain is a history of repeated injuries and usurpations, all having in direct object the establishment of an absolute Tyranny over these States. To prove this, let Facts be submitted to a candid world. — He has refused his Assent to Laws, the most wholesome and necessary for the public good. — He has forbidden his Governors to pass Laws of immediate and pressing importance, unless suspended in their operation till his Assent should be obtained; and when so suspended, he has utterly neglected to attend to them. — He has refused to pass other Laws for the accommodation of large districts of people, unless those people would relinquish the right of Representation in the Legislature, a right inestimable to them and formidable to tyrants only. — He has called together legislative bodies at places unusual, uncomfortable, and distant from the depository of their public Records, for the sole purpose of fatiguing them into compliance with his measures. — He has dissolved Representative Houses repeatedly, for opposing with manly firmness his invasions on the rights of the people. — He has refused for a long time after such dissolutions, to cause others to be elected; whereby the Legislative powers, incapable of Annihilation, have returned to the People at large for their exercise; the State remaining in the mean time exposed to all the dangers of invasion from without, and convulsions within. — He has endeavored to prevent the population of these States; for that purpose obstructing the Laws for Naturalization of Foreigners; refusing to pass others to encourage their migrations hither, and raising the conditions of new Appropriations of Lands. — He has obstructed the Administration of justice, by refusing his Assent to Laws for establishing Judiciary powers. — He has made Judges dependent on his Will alone, for the tenure of their offices, and the amount and payment of their salaries. — He has erected a multitude of New Offices, and sent hither swarms of Officers to harass our people, and eat out their substance. — He has kept among us, in times of peace, Standing Armies without the Consent of our Legislatures. — He has affected to render the Military independent of and superior to the Civil power. — He has combined with others to subject us to a jurisdiction foreign to our constitution, and unacknowledged by our laws; giving his Assent to their Acts of pretended Legislation. — For Quartering large bodies of armed troops among us. — For protecting them, by a mock Trial, from punishment for any Murders which they should commit on the Inhabitants of these States. — For cutting off our Trade with all parts of the world. — For imposing Taxes on us without our Consent. — For depriving us in many cases, of the benefits of Trial by Jury. — For transporting us beyond Seas to be tried for pretended offences. — For abolishing the free System of English Laws in a neighbouring Province, establishing therein an Arbitrary government, and enlarging its Boundaries so as to render it at once an example and fit instrument for introducing the same absolute rule into these Colonies. — For taking away our Charters, abolishing our most valuable Laws, and altering fundamentally the Forms of our Governments. — For suspending our own Legislatures, and declaring themselves invested with Power to legislate for us in all cases whatsoever. — He has abdicated Government here, by declaring us out of his Protection and waging War against us. — He has plundered our seas, ravaged our Coasts, burnt our towns, and destroyed the lives

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There Comes a Time

……when we begin to think less about what we are building, and more about what we will leave behind. Not just in terms of property or finances, but in the peace, security, and harmony we provide for the people we love most. Creating a will or trust is one of the most meaningful ways to express that care. It is not simply a legal document, it is a final act of love, a way to make sure your wishes are honored and your family is protected when you are no longer here to guide them.

Without clear instructions, even the closest families can find themselves facing confusion, stress, and sometimes painful disagreements. Grief is already a heavy burden, and uncertainty about assets or intentions can deepen that strain. A thoughtfully prepared will or trust removes that uncertainty. It gives your loved ones clarity and direction, allowing them to focus on supporting one another rather than trying to untangle difficult questions. In many ways, it is a gift of peace during one of life's hardest moments.

A trust can also offer additional protection, helping manage how and when assets are distributed, and in some cases, avoiding lengthy court processes. For those who have spent a lifetime building something, whether it is a home, savings, land, or a family business, a trust can help ensure that what you have worked so hard for continues to benefit the people you care about in the way you intended.

Just as importantly, putting your wishes in writing allows you to have meaningful conversations with your family now, while you are able. It gives you the opportunity to explain your decisions, share your values, and ensure everyone understands your intentions. These conversations, though sometimes difficult, often bring families closer and prevent misunderstandings later.

Taking the time to prepare a will or trust is not about expecting the worst, it is about planning with love and intention. It reflects a lifetime of care, responsibility, and thoughtfulness. By making these decisions now, you are sparing your loved ones from unnecessary hardship and giving them something far more valuable than assets alone: clarity, unity, and peace of mind.

If you need assistance and cannot get out, please call Troy Hart at: 865-692-9039, to ask about a house call if you need.

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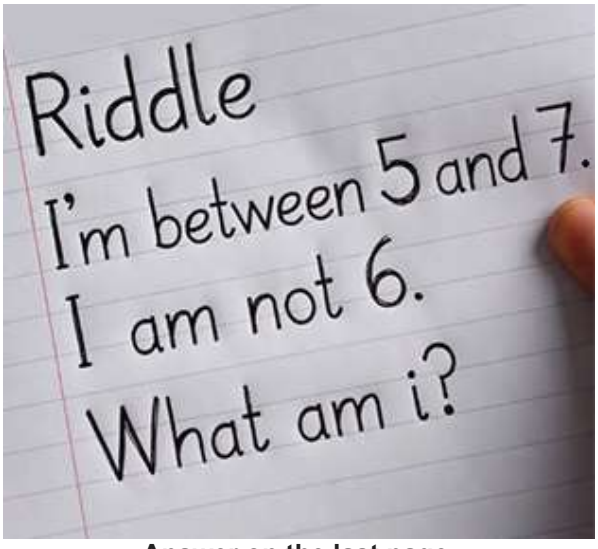
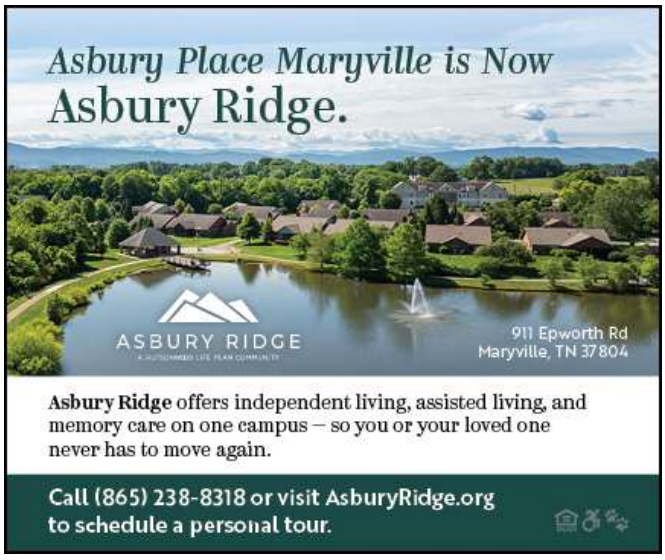


Answer on the last page

Community News

Asbury Place Maryville is now Asbury Ridge, A HutsonWood Life Plan Community. A community that has been part of Maryville for nearly seventy years, since 1956, when it opened as the Holston Methodist Home for the Retired in the foothills of the Smoky Mountains. Asbury has changed names twice since then, and this is the fourth chapter. What has not changed is the land, the people, and the commitment to serving older adults and their families in this region. The name Asbury honors Francis Asbury, the first Methodist bishop in America and the tradition of care and community that has defined this place from the beginning. Ridge honors where we are: in the foothills, within sight of the mountains that have always been the backdrop of life in East Tennessee. We are in an active and exciting season for the campus. Planning is underway for the removal of the legacy assisted living building, and a comprehensive master planning process for the full campus has begun. We look forward to sharing more with the community as these efforts progress. Asbury Ridge is proud to be part of Maryville and Blount County.

We welcome you to learn more at www.asburyridge.org or reach us at (865) 238-9081.



Laughter with a Purpose: Memories & Miles Comedy Night Supports Local Seniors

For many older adults, getting to a doctor's appointment, rehabilitation therapy, or even a visit with family can be one of life's biggest challenges. That's why Hillcrest Transportation Powered by Tuggle Transport is committed to providing safe, dependable transportation that helps seniors remain healthy, independent, and connected to their communities.

To help expand these services, the Hillcrest Healthcare Foundation is partnering with Alzheimer's Tennessee to present Memories & Miles Comedy Night on Thursday, August 27, 2026, at the Historic Capital Theatre in downtown Maryville.

The evening will celebrate the life and legacy of Brian Tuggle, whose passion for serving others continues to inspire this important work. Guests will enjoy an entertaining night of comedy while supporting two organizations dedicated to improving the lives of older adults and their families.

Funds raised will help Hillcrest Transportation continue providing non-emergency transportation for seniors throughout East Tennessee, ensuring they can access medical appointments, rehabilitation services, and other essential destinations. Proceeds will also benefit Alzheimer's Tennessee, helping provide education, support groups, and valuable resources for individuals living with dementia and those who care for them.

Community members and local businesses are invited to attend, become sponsors, or donate. Every ticket purchased and every sponsorship helps remove transportation barriers and provides hope for families navigating the challenges of Alzheimer's disease.

Together, we can ensure that every mile traveled creates meaningful memories and every act of generosity strengthens the lives of seniors across our community.

For sponsorship information or to purchase tickets, contact the Hillcrest Healthcare Foundation, Lavonda Cantrell, CEO Lcantrell@hillcresthc.com. We hope you will join us for an evening filled with laughter, compassion, and purpose.

Trivia Answers

A: To reinforce shared political ideals and build a sense of unity

A: Residents saw national identity and everyday economic life as closely connected

Riddle Answer

“and”

Math IQ Answer

The expression is:

$$\frac{\sqrt{144} \times 2^0}{\sqrt{16}}$$

Evaluate each part:

- $\sqrt{144} = 12$
- $2^0 = 1$ (any nonzero number to the 0 power equals 1)
- $\sqrt{16} = 4$

Substitute:

$$\frac{12 \times 1}{4} = \frac{12}{4} = 3$$

Answer: 3 ✅

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’s 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