

A New Perspective on Senior Living

FARRAGUTPRESS WEDNESDAY, OCTOBER 18, 2023 • 1C

Multi-national, state Senior Games champ: Town's Hargis

Two generations of athletic success, with the elder statesman having made quite a national and state splash in a handful of Senior Games sports.

Susie Hargis of Farragut, 78, and her daughter, Angela Leigh Gray who's in her early 50s, were in Pittsburgh for the National Senior Games July 8 through July 18.

With mom's support when Hargis wasn't playing with her eventual national champion Smoky Mountain Hot Shot hoops teams (see related story beginning below on this page), Gray earned a silver medal in pickleball singles after finishing second in the nation in 50-through-54.

Perhaps her daughter's success isn't surprising. "She got a full scholarship in tennis when she was going to college (Union University in Jackson, Tennessee)," Hargis said about her daughter, adding she's been playing pickleball "probably about three years."

Upon becoming eligible for Senior Games competitions in recent years, "She was all excited because I had been doing it since I was 50," mom added. "And, of course, she had gone with me and watched me and stuff"

Hargis: pickleball, track

Competing herself in pickleball during the Tennessee Senior Games Aug. 10-13 in Chattanooga, "I won (gold, first place) in singles in the 75-79 (age group) and doubles in the 70-74 with my partner, Deb Mayo," who also won the 70-74 singles state crown, Hargis said.

That's despite only playing this condensed version of tennis "about two years," though Hargis admitted to being an avid tennis player for several years starting about age 30. "I played a lot, but I haven't played tennis, gosh, in 25 years."

See HARGIS on Page 4C

Smoky Mountain Hot Shots win 4th gold medal in Pittsburgh

When they changed their name from Smoky Mountain Mamas to Smoky Mountain Hot Shots, this collection of Knox area Senior Games female talent, ages 75 to 79, suddenly became a national force to be reckoned with in women's 3-on-3 basketball.

National championship No. 4, spanning 10 years, came back here following another dominant performance during National Senior Games completion in Pittsburgh July 8-18.

Going 6-0 against the national field after receiving a quarterfinal tournament bye, "We played a team from Arkansas in the finals; the score was 36-9," said Susie Hargis of Farragut, 78, a long-time Hot Shot best known for her perimeter shooting touch.

Having two 15-minute halves per game, "In

the first one, we played (a team from) Chicago and it was 54-8," added Hargis, also having won state and/or national honors in Seniors track & field, pickleball and tennis (see related store beginning above on this page). "The first game, I think I had 24 (points) and my other (top) player (Neal Alexander from Maryville) had 24. And then one time we each had 17. ... She shoots a lot, but she she scores a lot.

"We played the second game, against the New Mexico Canyon Nets, and it was 47-4. Then we played the Silver Slammers from Louisiana and it was 50-15. We played the next game, Nova (Virginia), and it was 45-26. Now all of this was in pool play; and then in the tournament, we got a bye. Then we had to play NOVA again and it was 40-16 before crushing the Arkansas team in the final."

Was it surprising how easy the path was the Hot Shots took to a national title? "No, we've played all these people before," Hargis said.

Among Hargis' other teammates is Anna Bright, also from Maryville, "who was injured and didn't get to play any," the Farragut senior said. "And then another girl from Georgia that used to be from Knoxville, she played very little." Joe Farmer provides depth. "Joe played a little and I think made one goal," Hargis said.

See HOT SHOTS on Page 6C



Photo submitted

Angela Leigh Gray, 50, left, earned a silver medal in the 50-54 age group for pickleball singles during National Senior Games in Pittsburgh July 8-18. Her mom, Susie Hargis, 78, of Farragut, won a gold medal in 75-79 basketball, 3-on-3, in Pittsburgh.

Independent Senior Living vs. assisted living options

Story courtesy of HebrewSeniorLife.org

If you're looking at a variety of senior-living options, there can be a lot of confusing terminology to learn. When researching, it's about finding the right place at the right time and understanding the level of care each option provides.

One common question is about the difference between independent living and assisted living. Independent living communities primarily focus on serving the social needs of residents, as many are able to live independently without much support. Assisted living communities support those who need assistance with activities of daily living while allowing residents to live as independently as possible.

Here are some other ways independent and assisted living differ:

Cost of Independent Living versus Assisted Living

Assisted living is typically built around a rental model. Monthly fees include maintenance, housekeeping, security, nursing observation, three meals a day, programming and 24/7 staffing. In an assisted living model, one to two hours of daily personal care often is included in the monthly rent (and if it is not, this is available for an additional fee). This

See OPTIONS on Page 3C


PINNACLE
ASSISTED LIVING

ALL-INCLUSIVE COMMUNITY

All the care you need at ONE great price point!

No levels or point systems necessary.



ALL-INCLUSIVE COMMUNITY
VOTED
HARDIN VALLEY'S
BEST ASSISTED LIVING/BEST
SENIOR LIVING FACILITY!

Pinnacle Assisted Living
10520 Waterville Lane
Knoxville, TN 37932
(865) 444-1451

Call our Marketing Director,
Dana Watkins,
to schedule your personal
community visit today!

We are inviting you to join our family here at
Pinnacle Assisted Living!



A COMMUNITY DESIGNED WITH YOUR LOVED ONE IN MIND

Visit our award-winning campus today!

Assisted Living | Memory Care Respite | Rehab

- *24/7 Nursing Care • Monthly Rentals*
- *On-site Doctor • Competitive Pricing*
- *Restaurant-Style Dining*
- *Transportation, Phone, Internet & Laundry Services*



NHC Place Farragut Assisted Living is East Tennessee's Premier Assisted Living Facility
Contact us Today: 865.777.9000 | nhcfarragut.com

Options

From page 1C

can include assistance with bathing, dressing, grooming, toileting and medication administration. While assisted living is an out-of-pocket expense, many people have Long Term Care Insurance policies that cover some portion of the monthly fee. Some communities also have subsidized programs, such as Group Adult Foster Care or Programs of All Inclusive Care for the Elderly.

The cost breakdown for independent living is a bit different. In most continuing care retirement communities, independent living residents pay an entrance fee when they move in (usually 75 to 90 percent is refundable upon leaving), and an additional monthly fee to cover maintenance, housekeeping, security, some meals, and programming.

Medical and supportive care

Typically, independent living facilities are for older adults who don't need much assistance or medical care, so most don't offer these services. However, at NewBridge on the Charles in Dedham, Massachusetts and Orchard Cove in Canton, Massachusetts, residents have priority access to a full continuum of on-site, Harvard Medical School-affiliated health care including a geriatric primary care practice, in-home care, post-acute care, palliative and hospice supports as well as long-term care.

In assisted living, staff provide residents with assistance in daily activities. In most assisted living communities, staff members and a registered nurse always are on call for your convenience and safety. Residents at assisted living at NewBridge on the Charles and enhanced living at Orchard Cove also have full access to health care services including the on-site primary care prac-

tice, so they can see their doctor without even leaving the community.

Community design

Independent living communities may be designed as multiple buildings spread out on large campuses, with a central gathering area for programming and meals. Spaces, including apartments/cottages, may be larger and there is often greater distance to travel between buildings (either by foot or by car).

Assisted living facilities often have a smaller footprint and are more self-contained. Many of the resident's needs are provided right in the assisted living building. Memory programs within assisted living are even more intentional in their design. For example, there may be enhanced lighting, color coding, visual cues, memory boxes, easy to navigate walking paths and secure outdoor and indoor space.

Family involvement

In independent living, families are encouraged to become immersed in the community but the primary decision making generally lies with the resident. Family members are welcome to come and visit with their loved ones and take advantage of the variety of amenities offered throughout the community.

In assisted living, family members often take a more active role in their loved ones' care, particularly for residents with dementia. Designated family members are kept updated about their loved one's progress and are part of the care planning process.

Family support and interaction are key to a person's physical, mental and emotional health. It's important families feel welcomed within an independent or assisted living community.

Amenities, programming

Both independent and assisted living communities have various programming

and resident amenities available regardless of your level of care. Typically, amenities and services include private apartments, housekeeping, 24-hour staff, transportation services, events and social opportunities and various dining options. Most facilities provide common living areas, such as small libraries, café areas and gaming rooms for casual social activity

In independent living, din-

Independent Living

Assisted Living

Cost

Entrance fees plus monthly fee

Rental-based

Medical & Activities of Daily Living

Arranged by resident, if necessary

Nurse triages with resident, family and PCP. Support for activities of daily living included

Community Design

Common spaces and amenities are more spread out

Amenities are centrally located for greater accessibility

Family Involvement

Encouraged to visit, spend time with loved one

More active role and an integral part of the team

Amenities & Services

Common areas, private apartments/residences that range in size and style and dining options

Common areas, moderately-sized private apartments and dining options. All meals typically included.

Programming

Robust calendar driven by resident interests

Robust calendar, typically with more hours of programming specific to residents' physical/cognitive needs

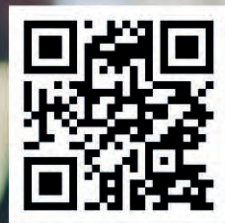
ner is often included as part of your monthly fee, and many communities offer different options, from fine dining to casual take-out, or residents enjoy cooking meals at home. In assisted living, all meals are typically included and residents are encouraged to eat in the dining room with friends. Mealtimes are important times for social connection.

Both types of communities generally offer a robust calen-

dar of learning and entertainment opportunities. Assisted living communities may offer more hours of programming per day, particularly in memory programs, and activities may be offered in smaller groups or with more tailoring for the physical and cognitive abilities of the residents.

See chart above for a quick breakdown of key similarities and differences between independent and assisted living.

2024 Medicare Open Enrollment



Compare your options before December 7

For more than 30 years, Senior Financial Group has been offering Medicare beneficiaries **personalized, free plan comparisons**. You can trust our local, independent Medicare experts to help determine which plan provides the coverage you need to fit your lifestyle and budget.



Call 865-777-0153

Schedule a Free Plan Review at SFGMedicare.com

Phone and virtual appointments available • We do not charge for our services

Adding to Hardin Valley's The Lantern at MP ...

Morning Pointe Alzheimer's Center of Excellence breaks ground



Morning Pointe of Hardin Valley, 2433 Reagan Road, is about to expand, breaking ground beginning at 11:30 a.m., Wednesday, Nov. 15, for The Lantern at Morning Pointe Alzheimer's Center of Excellence at Hardin Valley.

Dignitaries from the Knoxville area will join Morning Pointe Senior Living leaders, as the build will be Phase II of the senior living campus offering a continuum of care services along with Morning Pointe of Hardin Valley, which will transition to an assisted living-only community.

The new single-level memory care community will be an estimated 45,000 square feet and feature 60 apartments. These will encompass two levels of care: Lamplight for early stages of Alzheimer's and other dementias and Lantern for the more advanced stages.

The Lantern is anticipated to open in late 2024.

The campus is located down the street from Pellissippi State Community College and is centrally located between Oak Ridge and West Knoxville.

"We are excited to be expanding in the Hardin Valley community of Knoxville," said Greg A. Vital, president of Morning Pointe Senior Living. "As our population ages and as the Knoxville area grows, the need for care for our seniors in the region continues to grow with it - whether it be a need for assisted living or for memory care. We are pleased to be able to serve more seniors in East Tennessee, and their families, as we know that the families of those with Alzheimer's and other memory challenges especially need support and reassurance that their loved ones are safe and cared for by compassionate professionals."

The new Lantern at Morning Pointe of Hardin Valley will be the 40th Morning Pointe senior living community, the 24th in Tennessee.

The new care/housing facility will create "about 60 permanent healthcare positions and is estimated to have a positive economic impact of more than \$25 million annually, considering payroll, property taxes and local purchase of goods and services," a company press release stated.



Photo submitted

Tennessee Senior Olympics had 620 registered athletes competing Aug. 10-13 in Chattanooga. Debbie Mayo, left, and Susie Hargis won gold in the TSO 70-74 women's pickleball doubles. Hargis also won gold in 75-79 singles, while Mayo also earned gold in 70-74 singles.

Hargis

From page 1C

As for a senior athlete's transition from tennis to pickleball, "if you've played tennis before, you can pick it up pretty good," Hargis said. "And at my age, well, there's not a lot of people that play."

Pickleball might be an option "if you've got tennis behind you, but you can still move," she said.

Though Hargis plays pickleball roughly four times a week, "my knees are really, really bad right now. So I don't know how much more I'll get to play."

"I'm not ready to quit. But boy, they're hurt; sitting here icing them right now. ... I really love pickleball, but I don't think my knees are going to take it - but we'll see."

As for choosing between pickleball and 3-on-3 hoops, "if you're doing a team sport, I think you need to be committed to that," Hargis said. "And so many times you'll have a conflict."

Track & Field 400-dash

"I'd probably have to miss some basketball games because I used to do track and field," Hargis said about yet another sport - specifically the 400-meter dash - where she earned high honors nationwide and statewide for a period when she first became eligible for Senior Games in her early 50s.

"And there just were too many conflicts."

"The 400 meter was my best thing," she added. "Did I win a silver or did I win a bronze in the 400-meter in nationals?"

Meanwhile, "I held the (400) state record for a while, but now people have come along and beat me," Hargis said. "I did tennis and track and field when I first started."

Those 400 meter runs also were "the most painful thing," Hargis recalled.

"And I had a trainer. I've forgotten what his name was, but he held some Olympic record at UT. And so I worked with him for track and field, and he about killed me. He acted like I was a 20-year-old, and of course, I was 50 at the time," she added.

"And so once that was over, I didn't ever want to see a track again."

Transitioning to Senior Games basketball "when I was 55 ... I no longer did track and field or tennis," she said.

Really competitive

As for giving advice, "I think the best thing is for everybody to stay active," Hargis said. "Now, I'm very competitive and so I'm not sure I'm the best person to ask because if I thought I couldn't win, I probably wouldn't do it. And that's not a good thing to say because most people say, 'oh, just have fun.'"

"Well, some people are competitive and some people aren't," she added. "And I give it my all. So I'm out there to have fun - but to win."

Though a common saying, Hargis advised, "age is just a number, and that whatever your age, find something that brings you joy that promotes a healthy, active lifestyle. And that is really important."

"But then you've got people like me who are competitive," she added.

"And I wish I could just enjoy it, but I've got to work at it because I want to win."

However, despite a person's competitive nature, "your health is much more important," Hargis said.

"And so if it makes you healthy, that's what's important," the multi-sport seniors champ added.

3 fun and effective outdoor exercises for seniors

The benefits of spending time in the great outdoors are significant. According to the Centers for Disease Control and Prevention, spending time outdoors may improve mental health and help to reduce stress, and the vitamin D the body absorbs while outside can have a positive effect on blood cells and the immune system.

Seniors can benefit from the great outdoors as much as anyone. Vitamin D helps the body absorb calcium, which strengthens bones. That's especially beneficial for seniors, as the National Council on Aging notes bone density often decreases after age 50, which can increase the risk of fractures. That's especially so in women over the age of 50, as a 2021 report from Amgen, Inc., indicated women can lose up to 20 percent of their bone density within five to seven years of menopause.

Spending time in the great outdoors also provides a social benefit, encouraging indi-



viduals from all walks of life, including seniors, to get out of their homes and spend time with other people.

With so much to gain from spending time outside, seniors can consider these three outdoor exercises as they seek to maintain or improve their overall health.

1. Walking: Walking is free and effective. In fact, WebMD notes a brisk 30-minute walk can improve blood flow, contribute to a stronger heart, strengthen bones and even help people sleep better at night. In addition, a 2022 study

See **OUTDOORS** on Page 6C



WELCOME HOME!
 Leave the maintenance, cooking and housekeeping behind!
Come live the exceptional life!

PARK PLACE
 of WEST KNOXVILLE

A FIVE STAR SENIOR LIVING COMMUNITY
 10914 KINGSTON PIKE | KNOXVILLE, TN 37934
865-675-7050
 INDEPENDENT LIVING | DAILY TOURS

Two facilities on the NHC Place Farragut Campus take care of residents varied needs



Striving to make every moment count for the residents and patients at NHC Place Farragut is top priority because they believe in celebrating life at all stages. The residents and patients arrive for a variety of reasons.

Many are short-term, having left a hospital needing skilled nursing and/or rehabilitative care to get them back home. Others have chosen NHC Place as their home with assisted living care or memory care. The NHC Place Farragut's

private and spacious campus is home to a 100-bed post-acute Health Care Center, an 84-apartment Assisted Living Center and the 60-bed Cavette Hill Assisted Living & Memory Care Center. The campus amenities include a walking

trail, courtyards with gazebos and recreational amenities like a putting green. NHC Place is dedicated to offering their residents and patients the independence wanted with the support that is needed. In fact, all NHC

partners prepare for their work day by reciting one of the organizations 20 promises each morning. The goal is to provide the best rehabilitative and clinical services based on the activity and care needs of each of our residents.

Funeral pre-planning with a professional eases anxiety

The death of a loved is difficult to confront. Emotions are elevated and grief is prominent, which can make it hard to make important decisions. Quite often several people need to come together to make decisions necessary for a family member's funeral arrangements. There also is a financial component to consider. According to Lincoln Heritage Life Insurance Company, the average funeral costs between \$7,000 and \$12,000, which may or may not include viewing, burial, transport, casket, and other fees. Surviving family members responsible for planning a funeral may be asked to contribute a portion of these expenses if

other arrangements have not already been made, which can exacerbate stressful feelings during an already difficult time. Funeral pre-planning is a good way for individuals to make a difficult time a little more manageable for their survivors. Funeral homes frequently work hand-in-hand with individuals and families to customize pre-planning packages and facilitate the process. Here's a rundown of pre-planning as individuals consider their options. **Explore your options** Pre-planning a funeral enables people to consider all of the options without the time constraints of making funeral arrangements directly after

the passing of a loved one. A knowledgeable staff member at a funeral home, can explain the offerings and answer any questions. **Straightforward process** Unless an individual has planned a funeral in the past, there could be a lot of unknowns. Funeral homes handle these events every day and can guide families through the intricacies of the process with ease. Most have pre-planning kits that include all of the essentials of the process, such as choosing caskets, deciding on prayer cards and designing floral arrangements. **Avoid confrontations** Working directly with a professional also helps alleviate the burden on family

members, who may not agree on arrangements or concur on what they believe would be a loved one's final wishes. When pre-planning a funeral, individuals can spell out in their own words exactly what they desire and even finance the funeral in advance. **Establish a payment plan** A funeral home staff member can go over the various ways to fund funeral expenses, and may work out a payment schedule to spread out the expense over a period of time. He or she also may explain how funeral prearrangement can be a way to "spend down" assets in a way that protects those monies from look-back periods when determining eligibility for certain assisted

living or nursing facilities should that be required in the future. **Works with religious officials** Very often a funeral home is a conduit that facilitates all facets of the funeral process. They may reach out to a preferred house of worship to organize a mass or other religious service, and will also contact the cemetery and work with them to secure a plot and deed. This also alleviates pressure down the line on grieving family members who need time to mourn. Pre-planning a funeral merits consideration. Working with a trusted funeral home removes much of the pressure during such difficult times.



THE SKIN WELLNESS CENTER

Beauty Knows No Age

Don't let age become a barrier to showcasing your beauty. Our advanced approach to skincare can benefit all ages and all skin types. Call today to schedule a free consultation with one of our skin care professionals.



Hot Shots

From page 1C

However, “we basically played with three players,” the Farragut resident said about herself, Alexander and Cherie Martin from Canada, who has “played with us for years.”

As for the Hot Shots’ secret to success — in addition to Hargis’ shooting touch — “We’re probably in better shape than the others ... we can outrun them and outplay them,” she said. “And we’re just fast and strong. And we’re good shooters — real good shooters.”

As for the Hot Shots’ national title history, “In 2013, it was the first time we won, and we beat a team that had never been beaten, the Tigerettes of Louisiana, 39-23, in Cleveland,” Hargis said about having herself, Alexander and Martin as the “big three” nucleus of all four championships.

“Then in 2017 and 2019, we won,” she added. “In ‘17, it was Birmingham, Alabama. And then in ‘19, it was Albuquerque, New Mexico.

“And that Arkansas team that won last year (delayed from 2021 to 2022 due to COVID), they wouldn’t have won had we been there,” unable to compete because one of the Hot Shots had surgery and couldn’t go to Florida. “So they were thankful we weren’t there.”

About Hargis’ basketball background, “I played in high school (Bradford High School in West Tennessee), but my husband (the late Robert Hargis) taught me what I know,” she said. “I played in high school, but didn’t really have much coaching. When I started playing, he

was playing. So he made me practice and everything. He was our coach, but he passed away a year-and-a-half ago.”

As for international seniors action, Hargis and her husband “competed at the Masters in Australia and Canada in 5-on-5 basketball several years ago,” she said. “That’s what it’s called ... I played with an Australian team. ... My husband played on an Australian team and a Canadian team.

“I was on a team that won gold. And then he played on two different teams ... won a silver; yeah, I believe it was a silver,” Hargis added.

“I might have been 60 or 65, and my team was like, they were younger, but they let me play because Rob got on their team, the men’s team. So they let me on their (women’s) team. And that was full court.

“So I didn’t know a whole lot about what I was doing, except that I could shoot.”

As for the name change to Smoky Mountain Hot Shots, a mix-up with Hargis’ team and another team nicknamed Smoky Mountain Mamas came during the National Senior Games in 2011. “We were Smoky Mountain Mamas 2, and so they got our ranking” and an easier draw,” the Farragut resident of 26 years said. “... They got the teams mixed up.”

With a much tougher draw, “We came in second,” Hargis said. “... So after that, we came home and we said, ‘That’s not going to happen again.’

As for staying sharp, “Neak and I practice every Monday and Thursday at Piney Grove (Baptist Church near Middlebrook Pike), and it’s usually



Photo submitted

The Smoky Mountain Hot Shots, an East Tennessee 75-to-79 basketball team highly respected nationwide, came home with their fourth gold medal (2013, 2017, 2019 and 2023) from National Senior Games in Pittsburgh following four days of action spanning July 8-18. The team completed an undefeated 6-0 run for the championship. Team members, from left, are Anna Bright, Susie Hargis of Farragut, Cherie Martin, Neak Alexander and Jo Farmer.

with the men,” Hargis said. “We just mix in and play. We play year round.”

For all the fun of playing basketball and winning on such a high level, “I’ve always done it to stay in shape,” Hargis said. “That’s just my lifestyle is to stay

in shape so I can eat what I want.”

Looking ahead in attempting to repeat as a national champ in 3-on-3 basketball, “I will be 80 by the next nationals” in 2025, Hargis said.

Outdoors

From page 4C

published in the journal JAMA Neurology found that people between the ages of 40 and 79 who walked about 9,800 steps per day were 51 percent less likely to develop dementia than people who didn’t walk much at all.

2. Cycling: Riding a bike is both fun and a great form of outdoor exercise. Though many studies regarding the health effects of cycling have looked at the value of riding a bike to work, a

scenario that does not apply to retirees, the results of such studies still offer insight into just how valuable it can be to ride a bike.

For example, a 2020 study published in the journal, The Lancet, found people who cycled to work were 24 percent less likely to die of heart disease and 11 percent less likely to develop cancer.

Seniors, whether they are still working or retired, can incorporate cycling into their daily routines and enjoy all the fun and health benefits that riding a bike provides.

3. Hiking: Hiking is a bit more strenuous than walking, particularly when individuals choose to traverse steep and/or rocky terrain.

WebMD notes hiking after age 60 can help people reduce their risk of falls and fractures; lower their risk for a host of ailments, including coronary heart disease, colon cancer and diabetes; reduce blood pressure, even in adults who have already been diagnosed with hypertension; and maintain healthy bones and joints.

Hiking is not a one-size-fits-all activ-

ity, so seniors — especially those who would characterize themselves as novice hikers — are urged to speak with their physicians prior to hiking trails that are not flat.

In summary

Seniors can consider these three fun activities and others as they answer the call of the great outdoors. Walking, cycling and hiking offer a great reason to get out of the house and reap the health-related benefits of spending time outside.



**SPECIALIZED
MEMORY CARE**



CALL FOR A PERSONALIZED TOUR: 865-777-1500

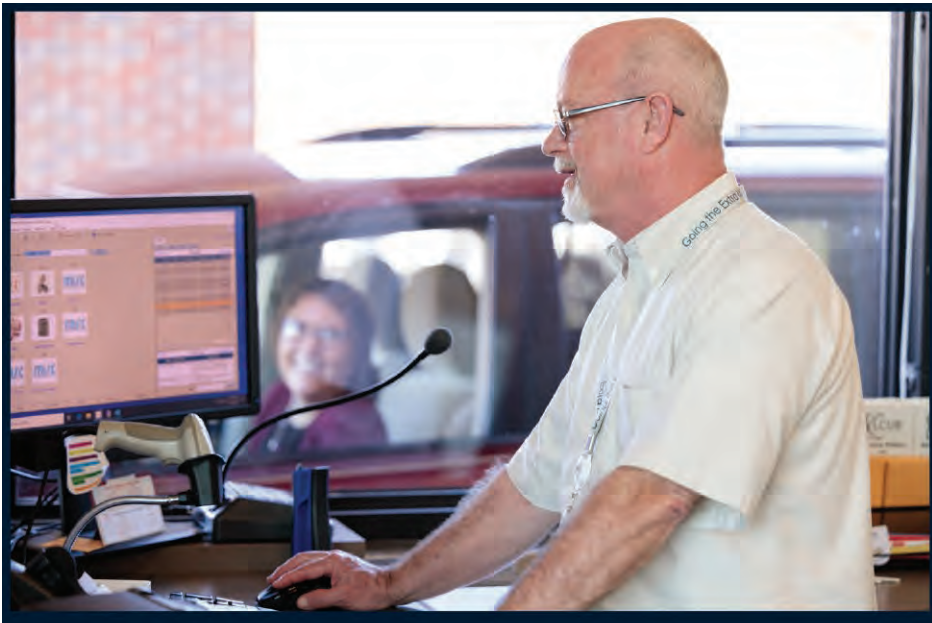
WHAT MAKES AVENIR UNIQUE?

- ◆ 24 Hr Care & Nursing Oversight
- ◆ Unique Cognitive Placement
- ◆ Resident Centered Activities

Visit Us ONLINE



901 Concord Road | Knoxville, TN 37934



GOING THE EXTRA MILE FOR YOU

To best serve you, we have several bill payment options available:

IN PERSON

Cash, check, or money order payments can be made in person at any of our Customer Service Centers or Payments Only Locations.

BY MAIL


Please include the bottom portion of the bill with your check or money order.
Lenoir City Utilities Board
 P.O. BOX 449, Lenoir City, TN 37771

BY PHONE

Call (800) 731-7564 to make a free one-time payment using a Visa, MasterCard, Discover, or American Express bank card.

CUSTOMER PORTAL

Our new Customer Portal allows you to establish free automatic, recurring payments or a one-time payment that is reflected on your LCUB account immediately. Payments can be made from a checking/savings account or credit/debit card.



Going the Extra Mile

Visit us at LCUB.com for details on all of your payment options and get started today!





The First Choice For Medical Staffing

The employer of choice for Health Care Professionals

RNs
LPNs
CNAs

NURSEFirst is the employer of choice for top health care professionals across the country. Why? Because we put our employees first, we strive to keep them satisfied and we have a large network of rewarding health care jobs available.

You'll find schedules to fit your lifestyle — you choose your hours and days — a variety of assignments, and there's never a fee or any of the headaches of self-employment.

Be assured, with NURSEFirst, you are working for a company that is here to stay. We have been in business since 1999. If you are looking for a health care job, look to NURSEFirst.

For more information call (865) 692-8950

www.nursefirst.net

Fall Festival

at The Villages of Farragut

TAMMY CHEEK
tcheek@farragutpress.com

The Villages of Farragut donned its autumn colors to celebrate the season with a 2nd Annual Fall Festival on the senior living community's grounds, 230 Village Commons Blvd., Wednesday afternoon, Oct 11.

"I think it's great," Villages resident Gerald Campbell said. "I like it," fellow resident Sandy Strand said. "I was here last year. I like to do anything outdoors."

"It incorporates our vendors, our family, our friends and the public to see what we have to offer here, and it's a fun event," said Deb Gregory, The Villages community events director. She noted the games help provide physical therapy for residents as well.

"We did this a couple years ago," resident Gail Amanns said about she and her husband, A.W., wearing a costume for the festival. "Thought we'd do it again. I really do it for Deb (Gregory). We love it here (at The Villages).

"We are planning to continue (the festival) going forward," Gregory said.

Vendors, residents, staff and friends turned out to play games; try their hand at painting with guidance from teacher Sheryl Jackson; browse the booths; listen to live music from musical artists, such as Steven Jenks and Timberwinds; and enjoy popcorn, cot-

ton candy and other foods.

The Festival also had vendors that catered to seniors, such as home health – medical and non-medical – crafters and food items.

"We love being part of The Villages' fall festival, getting out here, being around the residents" said Gabe Potter, a minister with Farragut Church of Christ, along with Paul Phelps, also a minister.

The Festival is one of many events residents enjoy throughout the year.

Villages background

The Villages of Farragut offers independent senior living with "beautiful living spaces and meaningful services and amenities," its website stated.

Located on 25 acres across from Concord Veterinary Clinic, it "provides a dynamic community, where you can explore new interests, expand social and educational experiences and get to know your neighbors," the website further stated.

"We love it here," said Deborah McMillan, account executive with East Tennessee Personal Care, one of the Festival's vendors. "The Villages always has something going on and everyone participates."

"As neighbors, we try to get over here often," Potter said. He and Phelps entertained the crowd by "telling fortunes" as the Great Carnac.

For more information about The Villages of Farragut, visit thevillagesfarragut.com



Top row from left: Jean Snyder, left, with Melody Matney, Villages executive director; Deb Gregory
Middle row from left: Gabe Potter; Kayla Carroll
Bottom row from left: Gail and A.W. Amanns; Sheryl Jackson; Steven Jenks

Photos by Tammy Cheek

Profile: The Villages of Farragut

Faith, Family, Fellowship, Fun



Located in the heart of our hometown, The Villages of Farragut Senior community offers luxury living with a comfortable and catered lifestyle.

The community, owned by Goodworks Unlimited, LLC, opened in December of 2019 at Village Commons Boulevard, and has been thriving since their opening date. Located on the corner property at Kingston Pike and Smith Road, The Villages of Farragut is very proud to be a part of the fabric of Farragut, and the community will soon be celebrating 4 years of "Goodworks" in serving independent seniors.

Residents are living life to the fullest and thriving with a very active lifestyle. Each day offers different opportunities, including fitness and wellness, educational growth, spiritual studies, philanthropy, several clubs for various interests, social outings, live music and themed parties, and celebrations of special events and holidays.

The Villages' Veterans Club meets monthly to celebrate the courage of our residents and veterans who served our great nation. Our Walking Club promotes good health and encourages all residents to stay active by walking and counting steps. Total steps to date for this active group have taken them around the world and back again. Happy Hour with live music occurs every Friday, and residents enjoy an active and engaged social life all month long.

Resident Agnes Strelve stated, "When I walked in there was a warm feeling, and it felt like home. I knew this is where I wanted to live. I moved here a year ago, and I've made lots of new friends, the staff is wonderful, and I'm really happy with my decision."

"When you choose to live here, you truly become part of our family," said Melody Matney, Executive Director. "We are "Goodworks", and we are so proud to be a part of the fabric of Farragut."

The vision for The Villages took several years of planning and nearly three years of construction to become a reality, as married couple Gary and Ricki Keckley — owners of GoodWorks Unlimited, LLC — along with several local investor partners, worked on every detail. The community is adorned with portraits, pictures, and artifacts reflecting not only the Town of Farragut, but also the beauty of East Tennessee. The 25-acre campus provides breathtaking views of the Smoky Mountains from our outdoor porches. Residents also enjoy restaurant style dining with chef prepared meals offering many menu choices. We support an active and healthy lifestyle with paved

walking paths and a Walking Club, cardio classes, Tai Chi, Bridge Club, Book Club, Poker Night, and Golf Tournaments on the putting green. We are also proud to offer on-site physical therapy through EmpowerMe Wellness.

Spacious apartments, in a wide variety of floorplans (from 685 to just under 1,500 square feet, many with balconies, sunrooms, or screened in porches), surround the main three-story palatial shared living spaces that include an expansive dining area complete with a grand piano for live musical concerts. Residents have a variety of activities literally at their fingertips, from interpersonal social and creative opportunities to a wellness center, billiard parlor, and courtyard with putting green, along with a spa, and on-site salon services, among its many amenities.

Matney is proud to have a strong leadership team and great employees who have a servant heart. Sandi Simpson-Community Relations, Deb Gregory-Resident Events, Daniel Beebe-Executive Chef, Tamichael Brown-Maintenance Director, and Sharon Wender-Administrative Assistant, and the Villages team all go above and beyond to provide exceptional services every moment every day.

Residents are invited to bring their ideas and customs to The Villages under the slogan "Your Life. Your Way," which they incorporate into prominent social events, such as Fall Festival, Christmas Open House by Candlelight, Mardi Gras celebration, Kentucky Derby, and much more.

The Admiral's Club is the residents' way of giving back to the Community. The club has raised significant funds for Parkinson's Research, Wreaths Across America for the Veterans, our local food pantry, and the walk for Alzheimer's Tennessee. Residents in the Admiral's Club also partnered with the Tennessee Valley Humane Society to help with needed supplies for their adoption program.

"We invite seniors to come visit and feel the warmth of our community and experience what catered living is all about," said Matney. "The residents who come here want a happy, safe environment, providing great food, friends, and a family atmosphere — and that is exactly what we offer. Our goal is to help residents remain in the community, and a selection of supportive services can be added as the need may arise."

While the Villages independent living community is flourishing, there are plans for future development. Additional phases of construction will include an assisted living and memory care community, and 66 independent living villas with attached garages. The future development will allow for a continuum of care for seniors to age in place right here at home in the heart of Farragut.



Life doesn't stop after retirement, why should your lifestyle?

Your next chapter is just beginning at
The Villages of Farragut. The home you need
for the lifestyle you deserve.

YOUR LIFE. YOUR WAY.



THE
VILLAGES
OF FARRAGUT

230 Village Commons Blvd
Knoxville, TN 37934

865.671.2500

TheVillagesFarragut.com