



farragutpress

# GIVING BACK

A supplement to farragutpress

**NOV. 22, 2023**



# The Fight of His Life



## Introducing Max, East Tennessee Children's Hospital's 2024 Ambassador

East Tennessee Children's Hospital provided life-saving care just moments after Max arrived into the world after suffering a stroke in utero.

Throughout Max's life, his family has experienced seasons of fighting and seasons of healing, seasons of hope and seasons of despair.

**We invite you to join in our Season of Giving to support children like Max and others like him who depend on the specialized care provided by East Tennessee Children's Hospital.**

Your generous monetary gifts ensure that Children's Hospital can help families receive state-of-the-art, high quality care close to home.



To donate, scan the  
QR code below or visit  
[etch.com/seasonofgiving](https://etch.com/seasonofgiving)



Pictured: Max with mom,  
dad and sister Tommi Kate





# A time to give

Readers asked to step up, show thankfulness, help Knox charities

farragutpress is shining a Thanksgiving-week spotlight on Knox County and Knox metro charitable organizations.

Our prayers and hopes are that you will take the time to read the various profiles of these organizations and reflect on their needs — and respond to one or more, either with a monetary donation and/or volunteering your services in some capacity.

After all, it's the Thanksgiving season — such giving would be a demonstration of thankfulness: "I have been given so much, I feel a need to give something back."

The charitable organizations profiled are: Alzheimer's Tennessee; American Cancer Society Knoxville; Big Brothers Big Sisters of East Tennessee; Bridge Refugee Services; CASA of East Tennessee; Childhelp Children's Center of East Tennessee; Compassion Closet; Emerald Youth Foundation; East Tennessee Kidney Foundation; Family Promise Knoxville; Girls Inc. of Knox County; Interfaith Health Clinic; Iva's Place Lenoir City; The McNabb Center; MEDIC Regional Blood Center; Mission of Hope; Random Acts of Flowers Knoxville; Remote Area Medical; Ronald McDonald House Charities of Knoxville; Salvation Army Knoxville Area Command; Second Harvest Food Bank of East Tennessee; Senior Citizens Home Assistance Services; Special Spaces Tennessee; Shangri-La Therapeutic Academy of Riding; The Arc Knox County; and Volunteer Ministry Center.

Each organization's profile includes various ways to contact: in most cases by phone, website or e-mail.

*Please step up during this time of need.*





# Alzheimer's Tennessee

“To serve those facing Alzheimer’s disease and related dementias; to promote brain health through education; and to champion global research, prevention and treatment efforts.

“Alzheimer’s Tennessee, Inc. provides family support, offers community and professional education, advocates for the needs and rights of those with Alzheimer’s disease and related dementias, as well as research for its prevention, cure and treatment.”

**Outreach**

Among its outreach efforts are Caring & Coping caregiver workshops, which are “designed by Alzheimer’s Tennessee, Inc. to help the community better care for those with Alzheimer’s disease. Plus, participants learn skills and strategies to cope with the challenges of caregiving for dementia. Sessions feature various keynote speakers who are nationally-renowned and/or local experts in the field.

“These day-long educational

events provide valuable and practical training for family care partners, volunteers and professional care providers who deal with Alzheimer’s disease and other forms of dementia.”

**Donate**

On the website page, [www.alztennessee.org](http://www.alztennessee.org), click the Give heading at the top, then click the Donate Now button.

**Volunteer**

Call 865-544-6288 or visit the web page, [www.alztennessee.org](http://www.alztennessee.org), and click on the Volunteer heading near the top of the page, then click the Become a Volunteer heading. “Volunteers help with community outreach, assist with support groups and serve on committees essential to our mission.”

**Contacts**

East Tennessee Office number is 865-544-6288; 24/7 helpline is 1-800-259-4283; toll-free hotline is 1-888-326-9888; visit [www.alztennessee.org](http://www.alztennessee.org); Knoxville office, 5801 Kingston Pike, Knoxville, TN, 37919

# American Cancer Society

“The American Cancer Society is a nationwide voluntary health organization dedicated to eliminating cancer. Established in 1913, the society is organized into six geographical regions of both medical and lay volunteers operating in more than 250 Regional offices throughout the United States.”

**Encouraging news**

“The year 2023 marks the 52nd anniversary of the National Cancer Act of 1971, which designated defeating cancer as a national priority. The Act allocated substantial resources to the National Cancer Institute, which has seen a 25-fold annual budget increase since the law was enacted, from \$227 million to more than \$6 billion.

“... The new analysis, appearing in ... JAMA Oncology, found that as of 2019 mortality rates for all cancers combined dropped by 27 percent since 1971 and by 32 percent since 1991, when mortality rates

were highest. Mortality rates have dropped since 1971 for 12 of 15 investigated cancer sites, including by as much as 70 percent for cervical and stomach cancer.”

**Basic cancer info**

For basic cancer information at [www.cancer.org](http://www.cancer.org), click on the Stay Healthy heading at the top and find the heading, “Cancer Facts: Prevention and Screening.” Or click on the Cancer A-Z heading at the top of the Home page. Or call 800-227-2345.

**Donate**

Go to [donate.cancer.org](http://donate.cancer.org) and read the various ways to donate, then click the red Donate button at the top to make an online contribution.

**Volunteer, Fund**

Go to [cancer.org](http://cancer.org), scroll down to Volunteer and Fundraise heading, then look for the Volunteer Opportunities subhead and click. Or on the Home page, click Get Involved at the top.



# Big Brothers Big Sisters of East Tennessee

**Mission**

“To create and professionally support one-to-one mentoring relationships that ignite the power and promise of East Tennessee youth.

“Our vision is that all children achieve their full potential.”

**History**

“Big Brothers Big Sisters of East Tennessee has been transforming the lives of children since 1970. We are a member agency of the oldest and largest youth mentoring organization in the United States, consisting of more than 350 agencies nationwide.

**By the numbers**

“... Mentoring works — and the statistics back it up. (Youth) involved in our program are more likely to: achieve the avoidance of risky behavior by 97 percent, achieve socio-emotional competencies by 94 percent and achieve educational success by 88 percent.”

**Quote**

Mentoring is important because, according to a Big Sister, “Not only would you be helping a young adult better prepare for the future and help him/her increase their chance of future success, you get the opportunity to show them they are valued and important.”

**Donate**

To donate, go to the website, [www.tennesseebig.org](http://www.tennesseebig.org), and click the Donate box at the top, or call 865-523-2179.

**Volunteer**

To volunteer, go to Home page and click the Get Involved box at the top.

**Contact**

Visit [www.tennesseebig.org](http://www.tennesseebig.org) or call 865-523-2179; location is 1100 Marion St., Knoxville, 37921.







Court Appointed Special Advocates of East Tennessee, 5410 Homberg Drive Suite 29A in Knoxville, are trained to represent the best interests of children in juvenile abuse and neglect court cases.

"CASA of East Tennessee is a community based program that recruits, trains and supports citizen-volunteers to advocate for the best interests of abused and neglected children in Knox County."

CASA volunteers work to discover a child's best interest, collaborating closely with Knox County Juvenile Court, educators, medical professionals, community organizations, social workers and relevant government agencies to find the child a safe, permanent home as quickly as possible.

It's mission is "to improve the lives of abused and neglected children through trained volunteers who advocate for safe, permanent, loving homes."

#### **Empowerment**

"We empower children to express their concerns and fears, as well as share their hopes and dreams, and for them to all be heard by their families and the court."

#### **Transparency**

"We are transparent in our governance and fundraising practices; every dollar goes to put a child in the best home possible."

#### **Accountability**

"We are accountable for placing each child in a safe and loving environment. All our volunteers undergo a strict and rigorous vetting and training process."

#### **Donate/volunteer/contact**

Donate online at [www.casaofeasttn.org](http://www.casaofeasttn.org), a one-time contribution or monthly donation through PayPal. If donating by check: CASA of East Tennessee and mail to PO Box 10752, Knoxville, TN 37939.

For more information regarding volunteering, corporate matching gifts, planned giving or stock or asset donation, call 865-329-3399, e-mail [info@casaofeasttn.org](mailto:info@casaofeasttn.org) or visit [www.casaofeasttn.org](http://www.casaofeasttn.org)

# Bridge Refugee Services, Inc.

The Mission of Bridge Refugee Services, Inc. "is to provide opportunities for refugees and international protected classes to rebuild their lives, after suffering persecutions, so that they become productive, contributing members of the community. Bridge cultivates public/private partnerships to uphold the three pillars of refugee integration: learning English, employment and community engagement," BRS press release stated.

"Bridge Clients in East Tennessee have arrived from countries including Afghanistan, Ukraine, Cuba, Haiti, Democratic Republic of Congo, Vietnam, Myanmar, Ethiopia, Burundi, Iraq, Venezuela, Colombia, Sudan and many others," the release further stated.

"Bridge has been resettling refugees in East Tennessee for over 40 years," said Noah McBrayer Jones, BRS Development and Communication director.

Bridge Refugee Services is the only refugee and international protected class resettlement agency in East Tennessee, with locations in Knoxville and Chattanooga.

In celebration of local diversity and the contributions refugees make to the community, BRS Knoxville celebrated its Adding the Spice Gala Thursday evening, Sept. 14, at the Episcopal School of Knoxville, celebrating with "an evening of international influence and celebration supported branches in Chattanooga and Knoxville," a BRS press release stated.

Bridge Refugee Services also is instrumental in "international recognition surrounding Welcoming Week," held Sept. 8-17 earlier this fall, which annually "brings together neighbors of all backgrounds to build strong connections and affirm the importance of welcoming and inclusive places in achieving collective prosperity," the BRS press release stated.



**BRIDGE**  
REFUGEE SERVICES, INC.  
DIGNITY • HOPE • OPPORTUNITY

"Welcoming Week is an opportunity for all members of the community to come together and to celebrate the incredible addition these new residents make to the area's group dynamic," Jones said.

"Worldwide there are more than 20 million refugees which natural disasters, persecution or war have forcibly displaced," the release stated. "More than half of these are children. Despite these numbers, less than 1 percent of these refugees permanently resettle permanently in new countries of residence."

"Since the program's institution in 1980, the United States has accepted 2 million refugees. At present, the US anticipates accepting 125,000 refugees (by the end of) in 2023."

#### **Contacts**

More information about BRS is available at [bridgerefugees.org](http://bridgerefugees.org) or by calling the Knoxville location, 4420 Whittle Springs Road, at 865-540-1311 or by visiting Facebook at <https://www.facebook.com/events/832485584756798>.



**Enjoy the act  
of charity.**

**Cindy Doyle,**  
Agent

248 N Peters Rd Ste 4  
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**865-690-6300**  
[www.cindydoyle.com](http://www.cindydoyle.com)





# Childhelp

Mission statement (quotes from Eddie Smith, director of Organizational Advancement)

Since 1995, the fully accredited Childhelp Children's Center of East Tennessee has served victims of child abuse and neglect through advocacy, treatment and investigation services.

"Our Foster Family Agency serves 17 counties in East Tennessee. Last year we expanded, fairly largely, our Mental Health Services," where these services for abused and neglected children have expanded from helping 30 per week to helping 125 per week.

During one stretch in 2022, 11 children were adopted in a two-month span.

A service launched in January 2022, which looks to help almost 10,000 children in Knox County an-

nually, is "Speak Up and Be Safe." It teaches abused and neglected children from pre-kindergarten through 12th-grade how to communicate the hardships they suffer to better identify their home environment problems. "It's the only program like it in the country."

That 17-county service area also has a new program, as of January 2023, to financially assist grandparents and other relatives who are legal guardians of children abused or neglected by their parents.

In addition to year-round needs of these children, "We want to make sure we're taking care of those kids' wish list for Christmas."

To contact Childhelp (623 Lindsay Place, Knoxville, 37919) for help, or to donate, call 865-637-1753 or e-mail [info@childhelp.org](mailto:info@childhelp.org)



# Compassion Closet



## Mission

A totally volunteer-run effort, "The Compassion Closet exists to show the love of Christ" by providing "quick-turn assistance to foster, kinship, adoptive and other families in the Greater Knoxville and Oak Ridge area. ... Providing quality clothing and tangible goods.

"We also desire to serve birth families, aging-out youth, kinship placements and domestic/international adoptive families as God allows and the needs arrive.

"The Closet was started in 2013 by an adoptive and foster care family as a means of helping other families as they had been helped."

## Specifics

"We have a large collecting of clothing items for boys and girls. Baby supplies include cribs, Pack-n-Plays, swings and more. We have

a small collection of new and gently used toys."

## Impact

During the past 10 years, "the Compassion Closet has supported hundreds of families and thousands of children."

## Donations

"We accept high-quality clothing and other donations in good condition."

To donate or volunteer click on the Donate or Volunteer button on the home page at [www.compassioncloset.com](http://www.compassioncloset.com)

## Contact

Visit [www.compassioncloset.com](http://www.compassioncloset.com) or e-mail [info@compassioncloset.com](mailto:info@compassioncloset.com) or Hannah Jessee at [hannah@compassioncloset.com](mailto:hannah@compassioncloset.com). Locations include 11020 Kingston Pike Suite 270, Farragut, 37934

# East Tennessee Kidney Foundation

## Mission

East Tennessee Kidney Foundation, Inc. focuses on directly improving the lives of patients suffering from kidney disease.

## Programs

Programs feature Dianne Hagey Dialysis Transportation Program, which "provides financial assistance to help patients reach their life-saving dialysis treatments;" Dental Assistance Program, which "provides low-cost dental work for dialysis patients whose last barrier to placement on the kidney transplant waiting list is dental work;" and Nutritional Supplement Program, which "provides free nutritional supplements to dialysis patients in 16 East Tennessee counties."

## Donate

To donate monetarily, click on the red Donate button on the front web page.

## Volunteer

Volunteers are needed throughout



the year (see contact information above) for activities including: Lucky Kidney Run every March in downtown Knoxville, Healthy Living Expo in April at Knoxville Convention Center downtown and various health fairs and events.

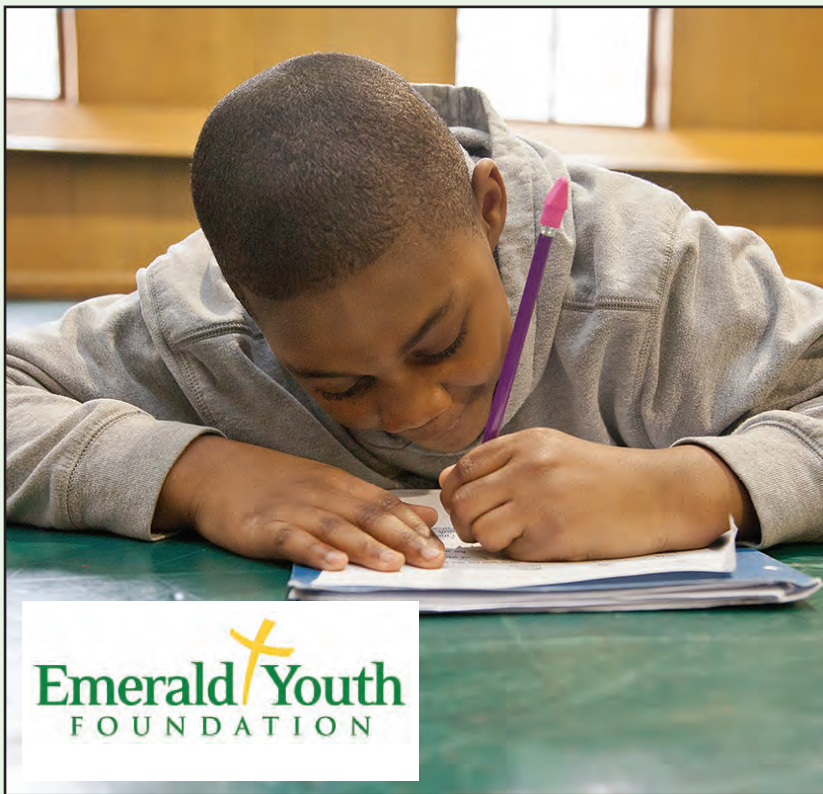
"ETKF is run by volunteers and contributions of the community. You can help us by volunteering and becoming an advocate for the health and well-being of East Tennesseans affected by kidney disease."

To volunteer, use the contact information below.

## Contacts

Contacts are: <https://www.etkidney.org> or call 865-288-7351 or e-mail [admin@etkidney.org](mailto:admin@etkidney.org); P.O. Box 22072, Knoxville 37933





# Emerald Youth Foundation

“Emerald Youth Foundation is a Christian, urban youth and community ministry in Knoxville serving more than 2,300 young people annually. The Foundation serves through satellite churches and recreational centers throughout Knox County.”

## Mission

“Our mission is to raise up a large number of urban youth to love Jesus Christ and become effective leaders who help renew their communities. We’ve been working closely with the community since the late 1980s, when we began a summer outreach ministry designed to support urban youth.”

- Areas of concentration are Faith, Relationships, Learning and Health.

## Donate

Click on the green DONATE button in the upper right corner of the web page.

## Volunteer

To volunteer coaching a team, be a mentor or help students prepare for college, there are many ways in which you can help make a meaningful difference. E-mail [volunteer@emeraldyouth.org](mailto:volunteer@emeraldyouth.org) for more details. Also click the Get Involved and/or Key Endeavors choices at the top right of the web page

## Contacts

Address is 1014 Heiskell Ave., Knoxville, 37921. Visit [www.emeraldyouth.org](http://www.emeraldyouth.org) or call 865-637-3227 or e-mail [volunteer@emeraldyouth.org](mailto:volunteer@emeraldyouth.org)



Serving Rural Appalachia

## 2023 CYBER BARREL CHRISTMAS DRIVE NOV 17 – DEC 5

You can help us bring HOPE to our less fortunate neighbors in Appalachia this Christmas by participating in our Cyber Barrel Drive. Scan the QR code to go to our online registries. Select the items you want to purchase and they will ship directly to the Mission of Hope warehouse.

**Scan the code to help us make Christmas special for students and their families in Rural Appalachia.**



## MEDIA SPONSORS

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NewsTalk - FM 98.7 • WRJZ - Joy - AM 620  
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**THANKS For Helping Extend The HOPE**

The Mission of Hope is a 501(c3) non-profit organization.

865-584-7571 – [missionofhope.org](http://missionofhope.org)



# Family Promise Knoxville

## Mission

“To provide a community-based response that empowers and equips families experiencing homelessness and housing instability to achieve sustainable independence.”

## Our Vision

In East Tennessee, where each and every child knows the safety and security of home, and each parent has the chance to build a better future for their family.

FPK served around 130,000 in parents and children in 2022, “giving them the ability to realize their potential. ...”

## Grim statistic, hope

During 2023 in the United States, almost three million children will experience homelessness.

Yet, “on average, 88 percent of the people served in (FMK) Shelter Program secure housing within nine weeks.”

## Donations

Donations can be made online



at <https://familypromiseknoxville.org/>

## Volunteer

“From serving meals to providing financial literacy training to assisting with fundraising events.”

To learn more about how you can volunteer, contact FPK at 865-584-2822.

## Contact

FPK Day Center at 3545 Middlebrook Pike, Knoxville, 37921. Call Tami Phillips, executive director, at 865-584-2822 or visit <https://familypromiseknoxville.org/>

# Girls Inc. of Knox County

## Mission

“To inspire all girls to be strong, smart and bold. ... Our vision (is) to be recognized as the premier organization that helps all girls realize their potential and exercise their rights.”

## Programs

Girls Inc. offers Community Based Outreach programs within Knox County: “... Outreach staff present intentional programs and hands-on activities within the after-school hours where girls live and go to school.”

Girls Inc. National Programs offered in Knox County include Girls Inc. Operation Smart, “a program designed to provide hands-on experiences with math, science and technology;” Magic Within, where “girls learn to set goals for themselves and their futures, make action plans in achieving those goals and build overall self esteem;” and Girls Inc. Economic Literacy, which “provides girls with the skills and confidence they



need to contribute to the economy.”

## Donate

To donate, click on the red Donate button at the top left of the front web page, [www.girlsincnv.org](http://www.girlsincnv.org)

## Volunteer

Volunteer with reading, homework assistance, math tutoring and classroom aid, call 865-482-4475.

## Contacts

Call 865-482-4475, e-mail executive director Amanda Ingle at [aingle@girlsincnv.org](mailto:aingle@girlsincnv.org) or visit <https://www.girlsincnv.org>



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# Interfaith Health Clinic



Interfaith Health Center was founded in 1991 to help hard-working people in our community who don't have health insurance coverage.

## Mission

"To provide accessible, affordable and quality health care to the low-income, working uninsured and underserved, primarily through the support of the religious, health care and business communities.

"These services are provided within the capacity of the Center regardless of race, sex, creed, age, religion, national origin or ability to pay.

"Interfaith has served more than 24,000 individual patients by providing affordable medical, dental and mental health care and access to prescription medications."

## Location information

315 Gill Ave., Knoxville, TN, 37917.  
Call 865-546-7330.

## Donate/Volunteer

To donate money, volunteer, become an NAFC member or find out about upcoming charitable events, click the Get Involved green box at the top of the page and follow the choices just below the Get Involved heading.

Or donate over the phone by calling 865-243-3038.

## Contact

Also call 703-546-7330, e-mail [info@interfaithhealthcenter.org](mailto:info@interfaithhealthcenter.org) or visit [interfaithhealthcenter.org](http://interfaithhealthcenter.org).

Other information can be found within the Education Corner heading at the top of the website.

# Iva's Place, Lenoir City



## Mission

"To provide a comprehensive system of support and services to victims of domestic violence so healing can begin."

## Process

"Iva's Place has continued to expand its program and services to victims of domestic violence through any one of our multiple levels of care: Safe Haven Shelter, Transitional Apartments and Transitional Housing.

"Safe Haven Shelter provides immediate placement to victims of domestic violence that are in eminent danger and must flee their homes in order to avoid continued acts of domestic violence.

"... Helping survivors of domestic violence of all ages (is) at no cost."

What to do if you have just experienced domestic violence:

- Get to a safe place.
- Contact someone who can help you: a friend, the police (911), 24-Hour Crisis Hotline for Domestic Violence, 1-866-239-0871, Child Abuse Hotline, 1-877-237-0004, Loudon County Sheriff's Office: 865-986-4823 or Knox County Sheriff's Office: 865-

IVA's Place

215-2243.

- "Get medical attention. You or possibly your children may have hidden injuries that are in need of medical treatment."

- "Write down everything that you remember happening, with as much detail as possible. This can help with your own healing process and in any legal action you might decide to take."

## Donate

Visit the website, [ivasplace.org](http://ivasplace.org), click on the How to Help headline and find the Donate button at the top of the page, call 865-816-3481, or by mail to: Iva's Place, P.O. Box 71, Lenoir City, TN, 37771

## Volunteer

Call 865-816-3481 or e-mail [cevans@cac9jd.org](mailto:cevans@cac9jd.org)

## Other contacts

Call 911 if in danger; main office, 688-239-0871; 24-Hour Crisis Hotline for Domestic Violence, 1-866-239-0871, Child Abuse Hotline, 1-877-237-0004, visit [ivasplace.org](http://ivasplace.org) or e-mail [info@ivasplace.org](mailto:info@ivasplace.org)

# The McNabb Center



## Mission

At The McNabb Center, "Services offered, which are found at the website, [www.mcnabbcenter.org](http://www.mcnabbcenter.org), include mental health care, substance use treatment; social services and victim services."

Main number is 1-800-255-9711. McNabb Center Foundation number 865-541-6684, or to e-mail MCF: [foundation@mcnabb.org](mailto:foundation@mcnabb.org)

## Health Crisis Hotline/Mobile Crisis Unit

Find a Health Crisis Hotline/Mobile Crisis Unit (all ages) at the far top right of the front website page or call 865-539-2409.

## Other Hotline services

Adult Crisis Stabilization Unit, call 865-541-6958; Domestic Violence Hotline, call 865-637-8000; Sexual Assault Hotline, call 865-522-7273; or Runaway/Homeless Youth Hotline, 865-523-2689.

## Other services

Other services found on the website include Therapeutic Foster Care & Adoption, 865-544-5000 and Military Services Program, 865-444-2333.

## Donate

At the bottom pages of the website are areas to Donate Now. To donate physical items, call 865-299-5230 or e-mail [foundation@mcnabb.org](mailto:foundation@mcnabb.org)

## Volunteer

Call 1-800-255-9711

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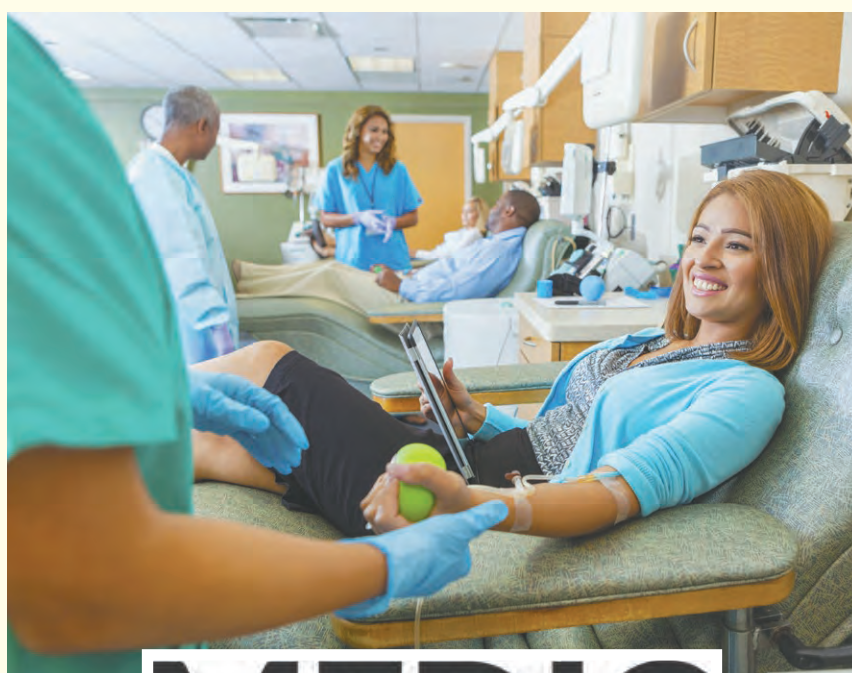
SMARTPay lets you pay upfront, and as you consume, your remaining balance decreases, similar to filling up your gas tank. You can "refuel" by adding money to your account any time you choose and as often as you choose.

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**1-844-687-5282**



**LCUB.com**



# MEDIC Regional Blood Center

## Mission

"To enhance the well-being of the community by providing a safe, adequate and economical supply of blood and blood-related products."

## History

"Medic was established in 1958 by Carl Nelson M.D. under the sponsorship of the Knoxville Academy of Medicine.

"Area physicians supported the not-for-profit blood center because they wanted a source of blood from volunteer donors, and they desired centralization of blood collection, testing and distribution."

## Uniqueness, range

"... MEDIC is the only U.S. blood center that has a Blood Coverage Program covering members' blood supplier processing fees at any hospital in the country.

"... Today, MEDIC Regional

Blood Center is the sole provider of products" for 25 hospitals in Knox and 21 other surrounding counties.

## Shortage updates, contacts

On a weekly basis, MEDIC will update the severity of need for certain blood types and asks the public to visit its website at [medicblood.org](http://medicblood.org) or call 865-524-3074 to get the latest updates on shortages.

*All blood types, however, are needed.*

## Donation locations, process

To donate blood, visit the Farragut location, 11000 Kingston Pike Suite 4, Farragut TN, 37934, or in downtown Knoxville, 1601 Ailor Ave.

However, appointments are preferred: visit [medicblood.org](http://medicblood.org), e-mail [contact@medicblood.org](mailto:contact@medicblood.org) or call 865-524-3074.



# Mission of Hope

**Mission statement** (quotes from Emmette Thompson, recently retired executive director of Mission of Hope)

Based in West Knoxville since its inception in 1996, Mission of Hope helps grade school-age children in “the most distressed and poorest areas of rural Appalachia that are classified as such by the Appalachian Regional Commission.”

Specifically targeted for assistance — which in recent years has included scholarship dollars for hard-working high school students with excellent grades “who otherwise wouldn’t get a scholarship” — are children and their families in 29 schools in Northeast Tennessee, Southeast Kentucky and Southwest Virginia.

Currently serving more than 13,000 “children, siblings and family members ... God has blessed us with resources and volunteers and opportunities more than anyone ever imagined.”

In addition are “Mountain Minis-



try Centers,” which add Mission of Hope resources to assist “individuals or couples in these rural areas that have been heartbroken to help the poor. ... But they don’t have a lot of help locally.”

As for the Scholarship Program, “It’s really impacted some lives. I think there’s now 79 graduates from 2- or 4-year (colleges)” who received a scholarship, helping make their college experience possible.

To contact Mission of Hope (6030 Industrial Heights Drive NW, Knoxville, 37909) for help, to donate or to volunteer, call 865-584-7571 or visit [missionofhope.org](http://missionofhope.org) (check for opportunities to order Christmas gifts for Appalachian children)

## Random Acts of Flowers



### Mission

“To bring moments of kindness in the form of a beautiful floral bouquet. Our recipients’ joy is enough to justify our work, but these deliveries also have clinically proven to have a positive effect on health and well-being.”

Random Acts of Flowers “improves the emotional health and well-being of individuals in healthcare facilities by delivering recycled flowers, encouragement and personal moments of kindness.

### Proven effectiveness

“A study conducted in early 2016 by the University of Tennessee Graduate School of Medicine confirms the positive impact that deliveries from Random Acts of Flowers have on the emotional wellness of medical patients.”

### By the numbers

There have been almost 150,000 “Deliveries of Hope” in the Knoxville/Knox County area, and almost 90,000 volunteer hours given.

### Donate

To donate monetarily, scroll to the bottom of the home webpage and click the Donate button. To donate flowers or vases, find the Donate button, then click either the Donate Flowers or Donate Vases selection underneath.

### Volunteer

To volunteer, scroll to the bottom of the webpage, [www.rafknoxville.org](http://www.rafknoxville.org), find the Volunteer heading and click on the home web page.

“Throughout the week, our volunteers prepare donated flowers, create beautiful bouquets and make personal deliveries of hope and encouragement to neighbors in hospitals, hospices and health care facilities.

### Contact

Call 865-633-9082, visit [www.rafknoxville.org](http://www.rafknoxville.org) or e-mail [info@rafknoxville.org](mailto:info@rafknoxville.org); address is 2936 Midlebrook Pike, Knoxville, TN, 37921.



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Check out our website at [www.montereymushrooms.com](http://www.montereymushrooms.com)  
for some great recipe ideas for your family.



# Remote Area Medical



Remote Area Medical “is a major nonprofit organization that operates pop-up clinics delivering free, quality dental, vision and medical services to individuals in need who do not have access to, or cannot afford, a doctor,” a RAM press release stated. “Founded in 1985, RAM has treated more than 910,000 individuals with \$189.5 million worth of free healthcare and veterinary services. Since its foundation, more than 196,000 volunteers – comprised of licensed dental, vision, medical and veterinary professionals as well as general support staff – have supported RAM’s mission.”

RAM’s 28th Annual Knoxville Clinic is Friday through Sunday, Jan. 12-14, at the Jacob Building in Chilhowee Park, 3301 E. Magnolia Ave.

All RAM services are free, and no ID is required. Free dental, vision and medical services will be provided on a first-come, first-served basis.

Services available at a RAM free clinic include dental cleanings, den-

tal fillings, dental extractions, dental X-rays, eye exams, eye health screenings, eyeglass prescriptions, eyeglasses made on-site, women’s health exams and general medical exams.

## **Volunteers, contacts**

RAM is seeking volunteer medical, dental and vision professionals, and also is in need of general support volunteers “to help set up on Wednesday and Thursday, Jan. 10-11, and take down on Sunday, Jan. 14,” the release stated. “Overnight parking volunteers to greet patients is also needed, and interpreters can volunteer to aid patients through the process, either in the parking lot or during clinic operations. Individuals do not need to work in the medical field to volunteer as general support.

If you or your organization would like to volunteer your time to help provide free healthcare services to Knoxville and surrounding communities, visit the website at [www.ramusa.org](http://www.ramusa.org) or call at 865-579-1530.



**Ronald McDonald House Charities®**  
of Knoxville

# Ronald McDonald House

The mission of Ronald McDonald House Charities of Knoxville, 1705 W. Clinch Ave. in Knoxville, “is to serve and sustain families when catastrophe strikes the most cherished part of their lives – their children.

“The House is a not-for-profit organization that provides a temporary ‘home-away-from-home’ for families whose children are receiving treatment for serious illnesses at area hospitals. In an effort to reduce stress, keep the family intact and enhance the quality of life for families, the Ronald McDonald House of Knoxville provides affordable services in a caring, home-like atmosphere.

“The services are provided regardless of race, sex, color, creed, nation of origin or a family’s ability to pay.”

## **Contact**

Call the main number at 865-637-7475 or visit <https://knoxrmhc.org>

## **Donate**

To donate money, click the Donate button on the home webpage, <https://knoxrmhc.org>

## **Volunteer**

To volunteer, click the Volunteer selection on the webpage, then complete a Volunteer Application as you learn more details. In-house volunteers are used from 9 a.m. to 9 p.m., seven days a week (three hour shifts are recommended).

Preparing food for families, room inventory, cleaning, yard work and fundraising are key volunteer functions.

## **Other contact**

To arrange a tour or to receive further information, call 865-637-7475.

# Second Harvest Food Bank of East Tennessee

## **Mission**

“Second Harvest Food Bank of East Tennessee, a member of Feeding America, has worked to compassionately feed people facing hunger since 1982.

“In fiscal year 2020, Second Harvest distributed 21 million pounds of food across 18 East Tennessee counties. Though feeding programs and 630-plus non-profit partners, SHFBET provides food to more than 134,000 children, adults and seniors each month,” an SHFBET press release stated.

## **Sad statistic**

“One in five people in East Tennessee lives in poverty and has difficulty meeting basic needs. At Second

Harvest Food Bank, we are trying to change that statistic. ...”

## **Donate/Volunteer**

To donate time, money or food, go to the website, [www.secondharvestetn.org](http://www.secondharvestetn.org), and scroll to Donate Time, Donate Food or Donate Money logo and click. There also is a donate option for specific programs when clicking Programs on the home page, and a Give option on the home page for donations.

## **Contact**

For more information, call SHFBET (136 Harvest Lane, Maryville, TN, 3780) at 865-521-0000, visit [www.secondharvestetn.org](http://www.secondharvestetn.org) or e-mail [info@secondharvestetn.org](mailto:info@secondharvestetn.org)





# Salvation Army Knoxville Area Command

## Mission statement

"To preach the Gospel of Jesus and to meet human needs, whatever we see in our area, in Jesus' name.

Knoxville Area Command offers Food and Nutrition Programs, Case-work Services, Emergency Shelter, Christian Education, Food Pantry, Food & Nutrition and Transitional Housing."

With fund raised, SAKAC helps roughly 1,700 children or seniors with gifts for the Christmas season. ... "Usually they'll get three or four gifts inside their package," an SAKAC press release stated.

Those current donation drive funds also go to year-round SAKAC needs.

SAKAC's famous Red Kettle Campaign will start in and near the Farragut area on Thanksgiving Day, Thursday, Nov. 23.

To donate Angel Tree gifts to a specific child or senior, call SAKAC at 865-971-4901 and ask for Janine, who



will inform the caller of specific ways to gift, or visit [salvationarmyknoxville.org](http://salvationarmyknoxville.org)

After purchasing the gift(s), "You bring it to our office (409 N. Broadway, Knoxville, 37917) and we get them to the families." Submit from 9 a.m. to 4 p.m., Monday through Friday.

## Contacts

To contact SAKAC for help, to donate in other ways or to volunteer, call 865-525-9401 or visit [salvationarmyknoxville.org](http://salvationarmyknoxville.org)

# Special Spaces



**SPECIAL SPACES**

Special Spaces Tennessee "is changing children's lives one bedroom at a time," an SST press release stated. "We create dream bedroom makeovers for dependent children ages 2-19 with cancer who are within one year of treatment. We only do bedrooms."

## Goal

"... Our goal is to provide them a safe place to recover, heal, sleep and even play. A very special space just to be a kid," the release further stated. "... Bedrooms are where children sleep, but also rest, play and spend time away from the challenge of their illness. We maintain a high-touch, high-impact organization that mea-

sures success by the quantity and the quality of the experience," the release further stated. "We transform the child's existing bedroom into a place that only he/she can dream or imagine."

## Range of assistance

The Knoxville Chapter serves, in addition to Knox County, Anderson, Campbell, Roane, Loudon, Blount, Sevier, Jefferson, Greene, Washington and Sullivan counties.

To Donate, click on the Donate button on the home webpage, [www.specialspaces.org](http://www.specialspaces.org)

To volunteer, click on the Volunteer button on the home page website, [www.specialspaces.org](http://www.specialspaces.org), and complete a form. "Our organization is built on 100 percent volunteer support."

Contact Special Spaces National Office, 448 N. Cedar Bluff Road Suite 350, Knoxville, TN, 37923. To contact for more information, call 865-249-6079 (main number) or visit [specialspaces.org](http://specialspaces.org)

# Senior Citizens Home Assistance Service, Inc.

## Mission

"The mission of Senior Citizens Home Assistance Service, Inc. and Renaissance Terrace Assisted Living

Mission is "improving the quality of life for the elderly, persons with disabilities and their caregivers by providing accessible care and supportive services through compassionate personnel."

## History, numbers, facility

SCHAS "has been providing elderly care in the home and in long-term care facilities since 1970. ... SCHAS has grown to serve 20 counties in East Tennessee. Annually, SCHAS employs around 200 who are dedicated to providing services to more than 2,600 East Tennesseans."

## Specialized care

"SCHAS caregivers specialize in helping our clients remain in clean, familiar surroundings, with well-prepared food and free from fear, boredom and loneliness. ... They provide companionship and needed assistance with light chores and house-keeping. SCHAS caregivers provide no skilled medical care but are skilled in making your loved one comfortable and happy in their home."

Moreover, "As a non-profit, the agency can offer a sliding scale fee for hourly services that is determined using the net income of the client (gross income less



necessary expenses)."

## Renaissance Terrace

"... In 2009, SCHAS opened Renaissance Terrace Assisted Living ... in the 4th and Gill neighborhood of Knoxville. ... With monthly rates that are more affordable than other facilities in the area. ..."

## Donate

To donate, [www.schas.org](http://www.schas.org) and click Get Involved selection on the home page, then select Make a Donation box. Or call 865-523-2920.

## Volunteer

To volunteer, go to [www.schas.org](http://www.schas.org) and click Get Involved selection on the home page, then select Volunteer Your Time box. Or call 865-523-2920.

## Contacts

For more information, call the Knox County office at 865-523-2920, or visit [www.schas.org](http://www.schas.org) and click Contact Us, then select the appropriate service box. Corporate office, 215 Bearden Place, Knoxville, TN, 37919



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## Shangri-La Therapeutic Academy of Riding

### Mission

"To foster personal achievement by providing therapeutic experiences using horse-related activities for persons with disabilities or other special challenges. "STAR is a 501(c)3 organization and holds premier accreditation from the Professional Association of Therapeutic Horsemanship International."

### Programs

To participate, call 865-988-4711 or e-mail [office@rideatstar.org](mailto:office@rideatstar.org)

- Therapeutic Riding: with some riders we position them so the movement of the horse can relax tight muscles, increase range of motion and improve trunk stability and balance;
- Therapeutic Riding and Equine Assisted Learning program for Veterans with disabilities or other special challenges; and
- Changing STRIDES Life Skills "provides the tools for at-risk youth (ages 13-21) and adults to better manage their lives and foster posi-

tive relationships."

### Volunteer

Call 865-988-4711 or go to [www.rideatstar.org](http://www.rideatstar.org) and scroll to the bottom of the home page, click the Volunteer box or Donate box.

Click Volunteer tab on home webpage. Volunteers "work directly with riders and horses during lessons. Assist participants with grooming and tacking, then side-walk beside the rider during the mounted portion of each lesson

"Minimum commitment of one hour per week. Same day and time for the entire session; ... positive attitude; able to work independently; able to walk for 30 minutes. Some jogging required; ... no horse experience necessary."

### Donate

Go to [www.rideatstar.org](http://www.rideatstar.org) and scroll to the bottom of the home page, click the Donate box

### Contacts

Visit [www.rideatstar.org](http://www.rideatstar.org), call 865-988-4711 or e-mail [office@rideatstar.org](mailto:office@rideatstar.org); 11800 Highway 11E, Lenoir City

# The Arc Knox County

### Mission

"The Arc Knox County, 3000 N. Central St. in Knoxville, has been serving the needs of individuals with intellectual and developmental disabilities since 1953," an AKC press release stated.

"The Arc Knox County is, and always has been, concerned about the right of all persons with disabilities to participate in programs and receive services as needed to achieve maximum personal, social, educational and vocational development. ..."

### Services

"With an emphasis on community integration and competitive employment, the Arc Sunshine Community Program provides activities for individuals interested in learning about the many options available to them, including job exploration, volunteering opportunities and leisure activities during the week. ..."

Sunshine Early Intervention ser-



vices "offers a home-based educational program for Knox County families with children age newborn to the 3rd birthday who qualify as having a learning problem or delay in development under Department of Education criteria. ..."

### Donate

To donate, see Donate box at the very top of webpage [www.sunshinekcarc.org](http://www.sunshinekcarc.org)) and see Fundraisers choice in upper right portion of webpage

### Volunteer/Contact

Visit [www.sunshinekcarc.org](http://www.sunshinekcarc.org), call 865-546-9431 or e-mail [contact@carc.org](mailto:contact@carc.org).

## Volunteer Ministry Center

### Mission

Volunteer Ministry Center "facilitates permanent supportive housing for those who are homeless and to provide services to prevent homelessness."

The Center offers "specialized services to individuals experiencing homelessness and those within our community who are in crisis. VMC's programs support its two-fold mission of facilitating permanent supportive housing for those who are homeless and providing services to prevent homelessness."

### Programs

VMC operates four main programs: the VMC Resource Center "is a case management program that assists people in their efforts to work their way out of homelessness."

Bush Family Refuge "serves individuals who are in crisis and who may be at risk of losing their housing."

Minvilla Manor are 57 apartments "each inhabited by a former chronically homeless and disabled individual" offering "case management ser-

### VOLUNTEER MINISTRY CENTER



vices on-site and 24-hour staffing."

VMC Dental Clinic "uses professional dental clinicians to provide dental care and treatment to the homeless and low income of Knox County."

### Donate

To donate, click the red Donate button at the top middle of the web page.

### Volunteer

To volunteer, click the Get Involved heading on the home web page. As an initial step, schedule a "Get acquainted with VMC" session by contacting Chloe Johnson at [cjohnson@vmcinc.org](mailto:cjohnson@vmcinc.org) or by calling 865-524-3926, extension 230.

### Contacts

Visit <https://www.vmcinc.org> or call 865-524-3926; 511 North Broadway, Knoxville 37917





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