farragutpress

A supplement to farragutpress



A time to give

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

For a second year in the middle of COVID-19, farragutpress is shining a Thanksgiving-week spotlight on 24 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. Especially given the hardships caused by the pandemic."

The charitable organizations are: Alzheimer's Tennessee; American Cancer Society Knoxville; Big Brothers Big Sisters of East Tennessee; Court Appointed Special Advocates 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; Knoxville Habitat for Humanity; McNabb Center (formerly known as Helen Ross McNabb Center); MEDIC Regional Blood Center; Random Acts of Flowers Knoxville; Ronald McDonald House Charities of Knoxville; Senior Citizens Home Assistance Service; Second Harvest Food Bank of East Tennessee; Shangri-La Therapeutic Academy of Riding; Special Spaces Tennessee; The Arc Knox County; United Way of Greater Knoxville; 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 great 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, and 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 prac-

tical 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, click the GIVE heading at the top, then click the Donate Now button.

Volunteer

Call 865-544-6288 or visit web page, 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; Knoxville office, 5801 Kingston Pike, Knoxville, TN, 37919







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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 2021 marks the 50th 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 \$6.01 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 per-



cent for cervical and stomach cancer. **Donate**

Go to www.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 www.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.

Contacts

Visit www.cancer.org; Live chat, 1-800-227-2345.



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 socioemotional competencies by 94 percent and achieve educational success by 88 percent."

Donate

To donate, go to the website 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 or call 865-523-2179; 318 N. Gay St., Suite 100, Knoxville

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Childhelp Children's Center of East Tennessee

Mission

"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.

"Walls adorned with bright colored murals, a playroom filled with toys and a dress-up closet develops a sense of safety and happiness in

"There were more than 8,000 substantiated cases of child abuse in Tennessee in 2014, illustrating an indisputable need for the advocacy

"The center supports all services to treat and investigate abuse under one roof: medical personnel, law enforcement, child protection investigators and mental health professionals."

Road to Recovery

"The child's first stop is to meet a forensic interviewer trained to

work with children and victims of abuse. After the interview, children may also receive a medical exam to gather evidence, decide what kind of medical attention is needed or assure parents that their children do not require additional treatment.

"Victims and their families also receive mental health treatment to help them understand what they are going through and give them the strength to move on."

Donate

Email Lawren Ramos, ChildHelp executive director, at lramos@childhelp.org or call 865-637-1753. Nationally, call 480-922-8212.

Volunteer

Contact Lawren Ramos, ChildHelp executive director, at lramos@childhelp.org or call 865-637-1753

Contact

call 480-922-8212, Nationally, 1-800-4-A-CHILD (1-800-422-4453) or visit www.childhelphotline.org





The number one mistake sellers make when listing a home for sale: They overprice it. While you may think you can always lower the asking price if it doesn't sell, you'll actually miss out on buyers, lose opportunities to draw foot traffic, and risk sitting on the market for too long. The easiest fix: Price your home right so it will sell quickly. Let me help accurately compare current home sales in your area and propose your best asking price. As your local agent, I'm here to help. Please send me an email or give me a call.

Nichele Bass 865.936.0071 (Direct) | 865-672-6022 (Office) michele@knoxvillehomesells.com 266539

Michele Bass

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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 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 or call 865-637-3227 or e-mail volunteer@emeraldyouth. org



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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.etkid-ney.org or call 865-288-7351 or e-mail admin@etkidney.org; P.O. Box 22072, Knoxville 37933

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

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 126,000 parents and children last year, giving them the ability to realize their potential...."

Grim statistic, hope

"This year in America, more than \$2.5 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 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. now offers Community Based Outreach programs within Knox County: "... Outreach staff present intentional programs and hands-on activities within the afterschool 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. Eco-

Interfaith Health Clinic

Interfaith Health Clinic 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 Clinic 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.

Related centers of help

• The Good Samaritan Center of Loudon County, Lenior City 119 A St.

Lenoir City, Tennessee 37771



nomic 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.

Volunteer

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

Contacts

Call 865-482-4475 or visit https://www.girlsinctnv.org



Phone: 865-986-1777

Free Medical Clinic of Oak Ridge
 116 East Division Road

Oak Ridge, Tennessee 37830

Phone: 865-483-3904

1 110116. 000-400-0004

Website: http://www.fmcor.org

• Peoples Clinic of Volunteer Ministry Center

103 South Gay St.

Knoxville, Tennessee 37902

Phone: 865-546-5579

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

(See above). Also call 703-546-7330, e-mail info@interfaithhealthclinic. org or visit interfaithhealthclinic.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:

Sales: 844-501-9713

Service: 844-460-1685 | Parts: 844-465-3009



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: 865-215-2243.

- "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, 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 to cevans@cac9jd.org



Sales: 888-643-4762

Service: 855-262-6137 | Parts: 877-346-9576

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. Through feeding programs

and 630-plus non-profit partners, SHFBET provides food to more than 134,000 children, adults and seniors each month."

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 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 SHFB (136 Harvest Lane, Maryville, TN,



3780) at 865-521-0000 or visit www. secondharvestetn.org or e-mail infor@secondharvestetn.org

The Arc Knox County

Mission

"The Arc Knox County has been serving the needs of individuals with intellectual and developmental disabilities since 1953.

"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 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 services "offers a home-based educa-

tional 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.com) and see Fundraisers choice in upper right portion of webpage



Volunteer/Contact

Visit www.sunshinekcarc.com, call 865-546-9431 or e-mail sunshineind-jobs@gmail.com; 3000 N. Central St., Knoxville TN 37917



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 or call 865-524-3074 to get the latest updates on shortages.

All blood types, however, are needed. **Donation locations, process**

To donate blood (wearing a mask is required), 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, e-mail contact@medicblood.org or call 865-524-3074.

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 142,000 "Deliveries of Hope" in the Knoxville/Knox County area, and 79,000 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.

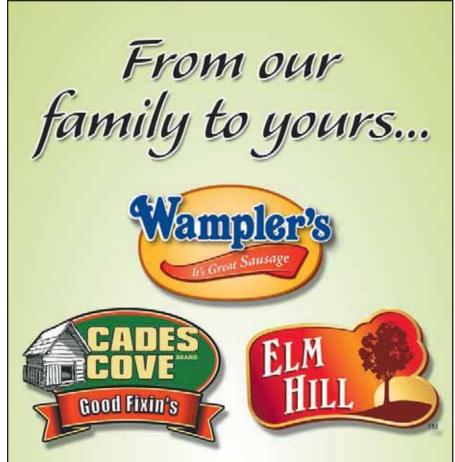
Volunteer

To volunteer, scroll to the bottom of the webpage, 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 or e-mail info@ rafknoxville.org; 2936 Middlebrook Pike, Knoxville, TN, 37921.



Wampler's Sausage Pinwheels

2 cups prepared biscuit mix 1/2 cup milk or water 1 pound Wampler's Farm Sausage

Have the Wampler's Farm Sausage at room temperature. Stir the prepared mix and liquid together. On a floured surface, roll the dough into a very thin rectangle. Spread with

Wampler's Farm Sausage and roll into a long roll. Chill until firm. Slice and back at 375 deg. for 15 minutes.

Wampler's Sausage Balls

1 pound Wampler's Farm Sausage 8 ounces sharp cheese (grated)

3 cups prepared biscuit mix

Mix thoroughly. Make into small marble sized balls. Bake at 325 deg. for 35 minutes. These can be frozen and used as needed. Do not thaw prior to baking.





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 star@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 positive relationships."

Volunteer

Call 865-988-4711 or go to 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 sidewalk 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 and scroll to the bottom of the home page, click the Donate box

Contacts

Visit www.rideatstar.org, call 865-988-4711 or e-mail star@rideatstar. org; 11800 Highway 11E, Lenoir City

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 serVOLUNTEER 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 or by calling 865-524-3926, extension 230.

Contacts

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







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Remember when you buy Monterey Mushrooms at your favorite local retailer, you are supporting local business.

Check out our website at www.montereymushrooms.com for some great recipe ideas for your family.



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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.

For more information and to enroll, visit any LCUB customer service office and complete an application, or to speak to a Customer Service Representation call:

1-844-687-5282



LCUB.com



230 Village Commons Blvd | Knoxville, TN 37934 | 865.317.9678 TheVillagesFarragut.com