

# A New Perspective on Senior Living

FARRAGUTPRESS WEDNESDAY, OCTOBER 23, 2024 • 1C

## Importance of Snowflake Ball in the SCP fundraising march



**Photo submitted**  
The 2024 Snowflake Ball, held Feb. 17 in Rothchild Catering & Conference Center, featured, from left, Carlos Lopez, Dr. Dasha Lundy, Snowflake Queen Crystal Palmer, Snowflake King Marcos Garza, Prince Jeff Pell, Princess Leila Beyer, Cana Johnson and Jesse Moss.

**O**n top of being a fun event early each year, Snowflake Ball has a vital fundraising purpose.

This annual event in February, presented by Knoxville-Knox County Community Action Committee Office on Aging, features four queen and four king candidates whose success toward wearing the crown is all about fundraising.

To be held from 6 to 9:30 p.m., Saturday, Feb. 8, in Rothchild Catering & Conference Center (8807 Kingston Pike), 2025 Snowflake Ball will be a “significant fundraiser” for Knoxville-Knox County CAC Office on Aging’s Senior Companion Program, the CAC website stated.

The Ball will include a live band, dancing, silent auction and crowning of the 2025 King and Queen.

“The Snowflake Ball is a social event for individuals in the Knoxville community, specifically in the senior community,” said Michelle Peckham, AmeriCorps

Seniors Program manager. “Each ticket is \$75 (going on sale starting Dec. 2), though there are sponsors. And when I mean sponsors, is that someone — or an organization — will sponsor a table. So, for example, Franklin & Kyle (Elder Law) are Snowflake Ball sponsors, and they will have a table of eight.”

Visit [knoxseniors.org](http://knoxseniors.org) for more information about purchasing tickets.

“We do the Snowflake Ball to supplement the grant that is currently provided for the Senior Companion Program,” she added.

For example, Ball fundraising supports “several people who volunteer their time as senior companions,” Peckham said.

Snowflake Ball proceeds also provide funds to allow senior companions to “get mileage to and from their client’s” location, she added.

Among those seeking to be Snowflake Ball queen and king, it is always a field of eight (four queen candidates and four king candidates). “These eight are considered senior companion ambassadors,” Peckham said.

“The Senior Companion Program is the only free service in our area to provide in-home care and support to isolated seniors living in our community. It has been so much fun to be involved in the Senior Companion Program and to help raise money and awareness for such a great cause.”

~ **Courtney Cox**, CAC Ambassador  
Associate Attorney  
at Franklin & Kyle Elder Law, LLC

Queen candidate ambassadors for 2025 are Courtney Cox (from Franklin & Kyle Elder Law), Kindie Petteway (from Senior Financial Group), Rebekah McCulloch (from Grow Wellness) and Hannah Hood

See **SNOWFLAKE** on Page 9C

## Lots to consider

When choosing among senior living options

What’s a proper plan of action for senior citizens and their family when it comes to planning for one of five residence options in dealing with the aging process: in-home care, moving to an independent living, assisted living or memory care community residence — or for constant medical attention a nursing home?

Helping answer those questions is Dottie Lyvers, direc-

tor of Knoxville-Knox County Community Action Committee Office on Aging.

### Plan before it’s needed

To avoid making bad decisions when it comes to planning for in-home care, independent living, assisted living, memory care or a nursing home, “I think what we always recommend to reduce any of those mistakes is to prepare before you need whatever it is,” Lyvers said. “So, doing research when you’re not in a crisis. A lot of times, I will say — if we’re talking about common things — we get calls a lot from individuals who are in,

I’m going to say, more of a crisis mode.”

For example, ““Oh, gosh, something has drastically changed with mom; I’ve got to move her quickly, she really needs help,” Lyvers said. “That’s the human nature of just not preparing. We always advocate for people to try to prepare and plan for things that might be needed in the future.

“And that means maybe even writing down what’s available or writing down what desires are,” she added. “For example,

See **OPTIONS** on Page 4C

## Profiles: Local Senior Living facilities

**American House West Knoxville**  
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“In our vibrant community, your days will be filled with activities and friends,” their website further stated. “For those times when you need a helping hand, we’re here for what

See **PROFILES** on Page 8C



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# Life Experiences & Big Hearts

This is about Knox County seniors whose volunteer community service uses life experiences, and a big heart, to help fellow seniors who have difficulty with daily living tasks.

Knoxville-Knox County Community Action Committee's Senior Companion Program "invites adults age 55 and over to utilize their skills and life experiences to work toward a healthy community through direct service and collaboration with established non-profit, government, proprietary home health and public organizations," said Michelle Peckham, AmeriCorps Seniors Program manager, which is part of CAC's Office on Aging.

"The Senior Companion Program, part of AmeriCorps Seniors, is a network of national service programs that provide older Americans the opportunity to put their life experiences to work for local communities," she added.

"The ultimate goal is the creation of a personal relationship between the Senior Companion volunteers and the clients," an ASP press release stated. "This takes patience, warmth, understanding and sheer determination.

"The most exciting experience anyone can have is touching the life of another human being and making that life better," the release further stated. "The program is successful because of the many meaningful relationships that have been formed between the Companions and clients."

Senior Companions "are going to be there so that person is not by themselves, so that they make sure that person eats," Peckham said about two important examples of their service.

"And I can tell you stories on how my senior companions have knocked on the door of their client, and the client hasn't answered the door, and they know they're in there or they'll hear the dog barking, and they go and they give us a call," she added. "We call the police.

"Police go in and do a well person check and find that the person has fallen or collapsed or something like that — and they would have died if the Senior Companion wasn't part of their lives."

**The following are two real life examples of the vital role Senior Companions play in lives:**

• Ms. W lives alone and has a very limited support system. She suffers with Parkinson's and cognitive issues. During one visit, her (Senior) Companion arrived and was not able to get her to the door.

The Senior Companion could hear Ms. W's beloved dog barking away inside, so she knew something must be amiss. The volunteer did not have a cell phone, but she was able to flag down a city worker, who then assisted her in alerting EMS for assistance. EMS was able to make entry to the home and discovered Ms. W unconscious on the floor.

• Ms. S and her Senior Companion developed a very loving relationship over the two years they visited together. Ms. S was an entertainer and would often talk about the splendid days of singing and playing the piano. Ms. S longed to get out for one last jamboree.

Ms. S was 91 and depended on her daughter who worked full time so she did not see this ever happening.

Ms. S's Senior Companion surprised her one day by scheduling CAC transportation to pick them up and take them to the Senior Center for a day of music and dancing. She talked about that day up to the day she passed a couple of months later.

## IN SHORT Senior Companions help:

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• Isolated older adults</li> <li>• Older adults with unmet physical, emotional and/or social needs</li> <li>• Individuals suffering memory loss</li> <li>• Older adults battling chronic conditions</li> <li>• Individuals recovering from surgery, cancer treatment, dialysis and other health conditions</li> <li>• Family caregivers suffering exhaustion and burnout.</li> </ul> <p><b>Senior Companions provide</b></p> <ul style="list-style-type: none"> <li>• Companionship</li> <li>• In-home support activities</li> <li>• Positive social interaction</li> </ul> | <ul style="list-style-type: none"> <li>• and encouragement</li> <li>• Information and referral support to community resources</li> <li>• Promote development of healthy physical and emotional habits</li> <li>• Respite for family caregivers.</li> </ul> <p><b>Senior Companions receive</b></p> <ul style="list-style-type: none"> <li>• Tax-free hourly stipend for income-eligible individuals</li> <li>• Transportation mileage reimbursement or public transportation provided</li> <li>• Meal allowance</li> <li>• Liability insurance while on assignment</li> <li>• Recognition events</li> <li>• Socialization. Lifesavers, dream-makers</li> </ul> |
|--|--|

**Senior Companions also can be lifesavers.**

"Senior Companions become part of a team of caregivers," Peckham said. "They alert doctors and family members to potential health problems and provide short periods of relief to primary caregivers such as family members.

**Limited incomes, work detail**

Clients are not charged for these services, given that many clients are "going to be of limited income," Peckham said.

In fact, many senior companions themselves are "going to be of limited income," she said, qualifying these SCP members for the above-mentioned tax-free stipend.

"Most of our folks work at least 15 hours a week, but they can work up to 40 hours a week, usually with multiple individuals or multiple clients in the community.

"They do light cleaning," Peckham added. "They may do some light preparation of meals. And when I mean light, I mean they're not going to do a turkey dinner, but they may do sandwiches or they may do breakfast or depending on what time they're there. They may warm up dinner for them."

When defining light cleaning, "beat a rug, maybe some straightening up, maybe running a little vacuum," the manager said.

Concerning work of a totally different nature, "They're there to read," Peckham said. "I mean, I know folks that they read together. I know they will talk together."

For example, "the client or the person that they're visiting might have a book and they might read the book together and form a little book club together and discuss the book," she said.

"They could be sight-impaired ... they could have a disability, but most of them are 55 plus also," Peckham added. "... The program is mostly in Knox County. And it's (for) those folks who want to stay in their homes but just need a little help in order to stay in their homes. Most of them receive mobile meals.

"Actually sitting and talking and being with someone for four hours."

If someone needs to run out and do an errand, for example, "our Senior Companions cannot put anyone in their car unless they've gone through additional

See SENIOR COMPANION on Page 6C



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**Options**

From page 1C

somebody may not think that they're going to need an assisted living facility or need a certain level of care, somebody to come in the home, but they might at some point.

And so, looking at that — taking into consideration budget and finances of what people have — and then getting to know some other resources."

However, the director admitted, "It's hard to (plan) when you're not sure what those scenarios might be."

Visit [www.knoxseniors.org/housing/Ways to keep informed](http://www.knoxseniors.org/housing/Ways to keep informed)

As for options told by phone or from literature, "We have a Senior Information and Referral line that we connect people to," Lyvers said. "And we have trained staff that work with individuals to find out what their needs are and then help direct them and educate them along those areas that they need help in. So if they're calling and they're not sure what they're calling about, we'll ask questions and then try to get at some different things, sharing the different options that are available for their living situations or what have you."

**That number is 865-546-6262.**

"And we also publish a Senior Service Directory, which is free to the community and to anyone, really," she added. "And in there it has descriptions of different, I'm going to say, levels of care. It's got a number of resources in the community broken down by category. So if somebody needs assisted living, for example, there's a section on that and a whole section really on housing where somebody can peruse and then give people a call and start doing their research.

This directory is "at many locations, (including) libraries, here in Knox County, at senior centers (including the Farragut-based center along Jamestowne Boulevard) and at our main office at 2247 Western Ave.," which is open from 8 a.m. to 4:45 p.m., Monday through Friday, Lyvers said.

"We also can mail copies to people if they need us to mail them a copy," she added. "And it's also, there's a searchable version on our website for those who are interested in searching that online. It's on our website, which is [knoxseniors.org](http://knoxseniors.org)."

Or call 865-546-6262. "And if they needed to leave a voicemail after-hours, they can, and then we'll return their call as soon as we can," Lyvers said.

"Through our Senior Service Directory, there's a lot of information that people can just educate themselves on of just what things are, like Medicare, what that pays for," Lyvers said. "A lot of times people don't even know this: they think Medicare pays for everything when it unfortunately doesn't."

"So, just different scenarios like that and helping people to understand what really is available to them," she added.

"There is on a website at [medicare.gov](http://medicare.gov) where people can go and look at nursing nursing homes, specifically, and look at their data," Lyvers said. "Everybody who is in a skilled nursing facility has someone who comes to oversee and monitor them. And so that data will be on their website. And sometimes the data is a little bit older, so they put on the most recent information."

For more information, visit [www.tn.gov/behavioral-health/licensing/find-a-licensed-facility-or-service.html](http://www.tn.gov/behavioral-health/licensing/find-a-licensed-facility-or-service.html) (this is to find licensed personal support service agencies).

**Conference Nov. 14**

Lyvers will be involved in a special Office on Aging-sponsored conference that will include a panel discussion on senior care.

The 40th Annual "Aging: a Family Affair" is scheduled to run from 8 a.m. to 3:45 p.m., Thursday, Nov. 14, in Rothchild Catering & Conference Center, 8807 Kingston Pike.

"We will be having a panel discussion looking at this very topic .... we have

some great experts from each industry," Lyvers said. "... We will be looking at different living options and talking about independent living, assisted living, nursing facility level of care and memory care.

"So, if anybody would like to join us, we can get them registered, too," she added. Those interested may register by calling 865-546-6262 or by visiting [knoxseniors.org/afa24](http://knoxseniors.org/afa24) to fill out an online form and pay by either credit or debit card.

Cost is \$25 (no later than Friday, Oct. 25) or \$30 (after Oct. 25, including at the door). Make checks payable to Knoxville-Knox County Office on Aging and mail to: Office on Aging, P.O. Box 51650, Knoxville, TN, 37950-1650.

"That's for a whole day of education and getting some resources," Lyvers said. "We call it a Senior Expo. So we've got about 50 or 60 different local resources that people can come and start getting information about and talking to professionals here who can answer their questions about how much they charge, what would be an eligibility for them to get in to see, or an eligibility for them to come live there or get services or what have you.

"We have breakfast, lunch and we have three different breakout sessions that people can choose from — there are basically nine different workshops to choose from — as well as the keynote speaker (begins at 9 a.m.)," she added. "So there's a lot that people can come and learn. It's really intended for people who are aging — and we all are — as well as their families, to come and really get some information."

About those nine workshops, which will include handouts, the first three to choose from will be Budget/Taxes, Medicare or Memory/Dementia (from 10:15 to 11:30 a.m.). Next is a choice between Elder Law, Medication Safety or Pre-Diabetes/Diabetes (from 12:30 to 1:45 p.m.). The final session of workshop choices is between Mental Health, Power of Pets ore Caregiving (from 2 to 3:15 p.m.).

**Limited income options**

"There are services that will help people who have limited income," Lyvers said. "Now, these services are limited, but there are some programs that will help to pay for services and to help to pay for different levels of care. So I guess preparation and a roundabout way to answer your question is preparation and just doing some research and getting to know."

One vital program to join is "a Medicaid program for long-term care services," the director said.

**Free ombudsman option**

"There's also a program known as the Regional Long-Term Care Ombudsman Program," Lyvers said, emphasizing "it is a free service" for everyone, not just those with limited income. "The ombudsmen are basically advocates for those who are in a long-term care facility like a nursing home or assisted living. They can go and help individuals.

"... They're not overseeing the nursing home, but they can help to make sure that the residents' rights are being met," she added, stressing ombudsmen keep personal information confidential. "And oftentimes they may be able to share some information, as well about things to look for.

"... They have long-term care ombudsmen all around the country."

When looking to gather information about a given community's performance — government grading scores for care and facility management, for example — "that would be where possibly the Ombudsman program could come in and also help provide some information," Lyvers said.

If you are interested in obtaining an ombudsman, call East Tennessee Human Resource Agency at 866-836-6678 and simply ask for the Ombudsman Program, or visit [www.ethra.org/programs/19/long-term-care-ombudsman-program/](http://www.ethra.org/programs/19/long-term-care-ombudsman-program/)



**Visiting a future residence is key**

While gathering information on a given independent or assisted living community and/or a nursing home, "We always say that a lot of times you really have to visit a facility to make sure it's right for you or for your loved one," Lyvers said, "because there may be one person that it wasn't a good fit for, but maybe it's a really good fit for you or your loved one.

"Certainly, the financial situation is a consideration for a lot of individuals," she added. "There are services that will help people to navigate and walk along with them to find an assisted living, independent living or something like that. "There are services that can help. And if people call our office, we can direct them to that. ... Some that (charge) a fee and some that are free. So it's just a matter of what people are looking for and needing."

For more information, call 865-546-6262 or visit [www.medicare.gov/](http://www.medicare.gov/) (to compare nursing homes and get scores and data)

Lyvers defines independent living communities as being "basically for those who require the least amount of care. ... Where it's a group setting that you're living in" that provides meals and various forms of entertainment.

"It might be those who are still active and healthy, but they want a place that they don't have to do maintenance on their home and that offers different services or amenities," she added.

With assisted living communities, "It's basically that they're going to need more than the independent living, but less than a nursing home," Lyvers said. "So it could be that maybe they're still ambulatory. Maybe they use a cane or a walker or a wheelchair, but they

can still transfer themselves from a bed to a chair or vice versa.

"But assisted living (communities) may provide a call button if there's an issue or helping them to get out in an emergency (and) may help with things like medication management and other non-medical services," she added.

**Don't assume new is great**

"I always say, 'it's not always about what the facility looks like exactly,'" Lyvers said. "Some of the newer ones may look shiny, but you also want to look at the care. And if it's especially like assisted living or nursing home, they could be a shiny new place, and that's great. But so could an older-looking location that's been around longer.

"You just want to look at the care and see what's possible and what's the best fit for an individual," she added. "But there's a lot of factors. When somebody's needing nursing home care, they may not have options based on a bed that's available or depending on how they're going to be able to pay for it."

**Careful with 'friend' referrals**

"A lot of times people will hear from a friend, 'Oh, I had a great experience'" at a given community, "or, 'mom loved it.' But there again, I know people where one person has not liked a facility and another other person has absolutely loved it and thrived there.

"Sometimes it's also about that person and looking at their situation," she added. "Sometimes people are looking at a location close to them. Maybe they want to be able to visit their loved one every day, so they want somewhere close to their house or somewhere just in Knox County, at least. So there's a lot of different scenarios that way, too."

By Alan Sloan

Another fun fundraiser for #SnowflakeBall2025!

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# Autumn Reserve Independent Living Knoxville, TN

Reimagining Luxe Independent Living within the locally owned and operated Autumn Care Assisted Living communities.

Independent Living communities with modern amenities have become an integral part of society, enabling seniors to spend their days in a supportive, purpose filled environment.

Autumn Reserve is taking the concept of Independent Living to the next level by providing its residents with support, care, and enhanced services such as 3 Executive Chef-prepared meals per day, compared to the typical 2 meals a day served in Independent Living facilities. Their luxurious dining room also boasts restaurant-style service with seasonal menus, including an Always Available menu of residents' favorites—all approved by a registered dietician.

Autumn Reserve's Independent Living communities, located within a licensed Assisted Living community, allows seniors to truly 'age in place,' without having to move loved ones twice. For anyone who knows how disruptive a single move is for our Seniors, this is a noteworthy benefit for this IL community.

The company, which originally opened its doors with their Karns ALF building in 2009, helps seniors enjoy an independent life with not only a luxurious resort-style feel, but Top-Tier services focused on providing convenience, along with assistance when needed. Autumn Reserve offers meaningful community engagement, which effectively minimizes the risk of individual isolation. It boasts a positive atmosphere for an interactive, fulfilling life and a wonderful sense of community. Long-time Autumn Reserve resident, Julia, happily remarked, "Everyone is so nice and friendly here. It truly feels like one big happy family!"

Autumn Reserve, which opened in 2019, is conveniently nestled within the heart of beautiful upscale Farragut Township in West Knoxville. Situated close to the popular Turkey Creek shopping center; gorgeous Campbell Station Park; The Township Library; many local Churches; preferred medical facilities; a stunning meandering paved walking path of the TN Green Belt; and many wonderful restaurants.

Being privately owned and operated, Autumn Reserve was strategically designed by the owners to be unlike many Independent Living apartments that require residents to walk great distances to avail basic services. Autumn Reserve leverages a two-story building design for its facility, providing ease of access and alleviating the burden of navigating long hallways and multiple floors. It also promotes a vibrant atmosphere where Seniors can thrive and build meaningful connections through social engagement. Every individual is offered a variety of amenities and activities to choose from according to their preferences, from arts and crafts sessions; happy hour; a movie theater; library; billiards table; putt-putt golf; and various fun games, plus group outings to stores, parks, and restaurants. Also note-worthy, they are Pet-Friendly! Cats and/or small dogs are welcome!

Autumn Reserve's in-house Nurses and Nurse Practitioners offer extra

support for full-time residents as well as offering temporary respite care and Hospice, providing peace of mind to their families. A Physical Therapy gym within the premises is supervised by licensed Physical, Occupational, and Speech Therapists assists clients in improving their mental and physical health. They can indulge in a range of activities guided by trained instructors.

The company offers unwavering commitment to personalized care. The moment a resident submits a move-in application, the Director of Nursing conducts an assessment to understand their needs. A complete medical history is then procured from by their present care provider to determine the level of care they require. Addon services are provided for independent individuals who might be capable of managing their day-to-day activities, but may require assistance in certain areas like daily medication management. Appropriate attention to the resident's requirements is key to enabling a healthy life. A detailed personalized plan of care is developed in order to identify where residents require additional assistance.

As for excellence in staffing, Autumn Reserve's emphasis on nurturing talent from within underscores a culture of growth and employee retention. The majority of its senior staff members have been working at the company for years, if not decades, and have been promoted through the ranks due to their deep understanding of resident care. The regional VP of Marketing is a testament to this culture, having worked her way up from the role of Life Enrichment Director. She has been a trusted associate of the company for many years and has experienced the quality of its services first-hand.

The company's strategic decision was made to offer an independent living segment without diminishing its ability to provide round-the-clock support. Autumn Reserve stands as the Go-To partner for fostering a sense of community and companionship among residents, while empowering them to thrive independently in a supportive and enriching environment.

As a result, this location is currently full with a wait list. However, Autumn Reserve requires no money down to get on the list for those who desire to be future residents of Autumn Care's flagship location. Tours are still offered 7 days a week, and the company website provides a newly posted Virtual Tour as well!

**"Everyone is so nice and friendly here. It truly feels like one big happy family"**

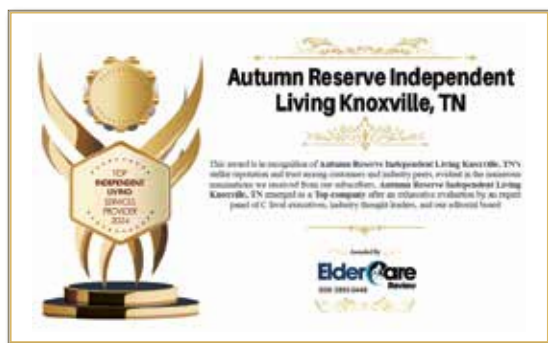


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# Farragut site becoming a favorite Knox Senior Center attraction

Farragut residents don't have to travel far to find activities and resources and make new friends.

West Knox Senior Center, 239 Jamestowne Blvd., serves about 3,000 to 4,000 seniors a month and has fitness, health and educational activities.

"We have a senior craft fair coming up," senior center coordinator Darrell Gooding said.

That will take place from noon to 3:30 p.m., Friday, Nov. 15, at the center.

"Several of our seniors that come here do a lot of crafting," he said. "So, this is an opportunity for them to meet with the public, and the public to see what they do and even purchase their items if they want."

The event is free to attend and open to the public.

"Also, Friday, Nov. 1, we're kicking off the Senior Angel Tree," Gooding said. The items collected go to seniors who are served through the Office on Aging.

"We'll have a list of items that we can make available to individuals, and they can go out and purchase items on that list, bring them in and drop

them off," Gooding said.

People are asked not to wrap items.

"They must meet certain income guidelines, so these are individuals who are in need," Gooding added.

"We always have a drop-off box here at the senior center, and I've heard the Office on Aging say so many times that the people of this center go above and beyond what's required," he said.

"We also have a variety of health education classes that are coming up," Gooding said. "I've just scheduled our November and December (programs)."

For instance, there will be a class 1 p.m., Wednesday, Nov. 13, on tips to help to help reduce sodium.

Also, at 10 a.m., Wednesday, Dec. 11, the center will hold a cancer-fighting super foods program provided by Humana Neighborhood Center. There is no fee to participate.

"We try our best to get these classes, and we offer them free of service (to seniors)," he said.

"Sometimes we'll ask individuals to call and sign up ahead of time for a program," Gooding

said. "That way, the instructors can plan accordingly."

There also are senior walks, presented by Knox County Senior Services, with the next one at 10 a.m., Tuesday, Nov. 19, at High Ground Park, 1000 Cherokee Trail with lunch at The Round Up. The walks are free. To sign up, visit seniorservices@knoxcounty.

Additionally, the center currently hosts a 1:30 p.m. music jam program the first Monday of each month.

"We have some seniors who come in and play musical instruments and play a variety of music," Gooding said. "They always invite seniors to drop in and attend," he said. "If they play a musical instrument, bring it, too, and join them. It's a good way to socialize and enjoy some music for a while."

"We also have a variety of tech classes," such as for iPhone, iPad and Android, he said. "We have three scheduled for the remainder of the year. Hopefully, kicking off 2025, we're going to offer more."

To register for programs, call the center at 865-288-7805.

"We do so many things here," said April Tomlin, Knox County Senior Centers

services manager, who oversees the county's six senior centers: West (in Farragut), Carter, Corryton, Halls, Karns and South. "It's important for seniors to be active and not be isolated."

The center is "a good place to socialize, to make friends" Gooding said. "One of the things I've always been concerned about is seniors being isolated, especially my grandmother's generation."

"It's shown isolation is a big contributing factor to depression and anxiety," Tomlin said.

To help with senior needs, seniors are welcome to meet Lily Tomlin, the center's approved therapy dog, who has completed the Human-Animal Bond in Tennessee training.

"We also provide resources for seniors here for whatever the seniors' needs are," Tomlin said.

"All the information we provide, all the resources we provide, all the activities we provide, grief support are just a really important contribution to our communities throughout Knox County," Tomlin said. "We have a physical therapist come here to meet with people.

"We have driver safety classes, craft classes, art classes, all the exercises classes we have, pickleball, fitness room and more," she said.

There also is a public health fitness coordinator who helps with personalized exercise and nutrition plans, as well as personal training.

"There is no charge for consulting with that person," Gooding said.

"He's part of our staff," Tomlin added.

To enjoy the center's amenities and be considered a senior, one must be 50 or older.

"I spoke at a church the other day, at a senior group, and they called (seniors) 'keenagers,'" Tomlin said.

"We have a newsletter that's online," Gooding said. "Usually when a senior comes here (for the first time), we ask them to fill out a membership participant form with just some basic information. If they want to receive the e-newsletter, we e-mail that out every two months."

Seniors generally do not have to live in Knox County to participate in a senior center, according to Gooding.

By Tammy Cheek

## Senior Companion

From page 3C

training, but they can do errands," Peckham said. "... They could do light pickup. We're not talking about stocking the house with groceries. But if they needed to run to the grocery store, run here, run there, and pick up something, they can do that."

### Program size, training

Just how big is this program? With training required to be a Senior Companion, "I have a class going on right now, but I can tell you that it would be somewhere in the neighborhood of 60," Peckham said.

The training a Senior Com-

panion goes through is two weeks, six hours a day (Monday through Friday), she said. "They spend about 12 hours with a nurse ... but they do not pass meds."

"But if you're spending time with a senior who might be in their 80s, there are some things that you should look for," Peckham added. "And so, they're being trained and made aware of some of the things to look for. They're given information about all the programs that the (CAC) Office on Aging has, about all the programs that the CAC has, about what is available in the community to help this person."

For example, "when you go

into somebody's home and let's say they're in their 80s, and all of a sudden they've always needed X, Y, Z, but they've not known where to get it, we provide that type of information so that they will have it," the manager said.

Senior Companion trainees "have been exposed to all sorts of things, including how to recognize abuse, how to recognize beginning stages of dementia," Peckham said.

Training is held in the CAC Office on Aging's Ross Building, 2247 Western Ave.

For more information about becoming a Senior Companion, call 865-524-2786 or e-mail: michelle.peckham@

knoxseniors.org

However, practicing Senior Companions are required to attend a refresher/update four-hour session, from 9 a.m. to 1 p.m., "once a month," Peckham said. "We have speakers that come in. So, you may have someone from the Alzheimer's Association that comes in to speak."

"The more information we can provide for them, the better (Senior Companions) feel and the more comfortable they are," she added. "And the more comfortable you are, the more you're apt to enjoy what you're doing."

### History

In March 1973, then President Richard M. Nixon asked

Congress to authorize ACTION — now known as American Corps Seniors — to expand the role of low-income older volunteers to provide person-to-person service "helping more older Americans... work with older persons," the ASP press release stated. "Eighteen model Senior Companion projects were funded by August 1974."

"The Knoxville-Knox County Community Action Committee Office on Aging's Senior Companion Program began its first training and orientation session in November 1988 with 20 volunteers," the release further stated.

By Alan Sloan



Ditch the high heating bills and burdens of home ownership. Come home to Parkview Senior Living where you can enjoy an affordable retirement in luxurious surroundings! Beautiful apartments, chef-prepared food, plenty of new friends and lots to do. Live freely on your own terms. We're pet-friendly too!

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Parkview North Knoxville: 975 E. Emory Rd  
Parkview Maryville: 1413 W. Broadway

Parkview West Knoxville: 770 Broome Rd, NW  
Parkview Tullahoma: 1601 Cedar Lane

ParkviewSeniorLivingTN.com



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**Since 1854, the Knoxville Y has been a cornerstone of our community.**

We are a community leader who supports children, adults, and families in their quests for physical, emotional, and social wellness.



We are committed to building strong and healthy-minded children, individuals, families, adults, and communities through our programs and services that promote youth development, healthy living, and social responsibility.

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Come tour one of our locations to see what the Y has to offer for you.

#### LINDSAY YOUNG DOWNTOWN YMCA

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865.522.9622

#### DAVIS FAMILY YMCA

Farragut  
865.777.9622

#### PILOT FAMILY YMCA

West Knoxville  
865.690.9622

#### C.W. CANSLER FAMILY YMCA

East Knoxville  
865.637.9622

#### TENNOVA FAMILY YMCA, POWELL

North Knoxville  
865.922.9622

**YMCAKnoxville.org**

**Profiles**

From page 1C

you need. Live comfortably in your private apartment and enjoy added assistance with meals, laundry, medication reminders, physical therapy, the activities of daily living and more.”

For more information, call 865-978-6737.

**Arbor Terrace Knoxville**

9051 Cross Park Drive

Arbor Terrace Knoxville offers two types of senior living in its community: assisted living and memory care.

“Our staff forms deep connections with those we serve,” ATK engagement director Erin Parten said. “We want to know everything about our residents, from their interests and preferences to their personal history, so we can build a meaningful relationship.”

“Our residents leave behind household chores and embrace a lifestyle centered on wellness, relationships and activities with our services and participate in programs to help them thrive,” she added.

For assisted living, Arbor Terrace has studio and one-bed/one-bathroom apartments. In memory care, it offers both of those options, as well as two-bed/1 bath apartments for companion living.

Assisted living apartments start at \$3,295, and Memory Care apartments start at \$5,495.

The community is managed by The Arbor Company, with more than 30 years of luxury senior living management experience. It was recognized among the Best Assisted Living by U.S. News in the Best Senior Living category in 2023 and 2022.

Visit Arbor Terrace’s Facebook page at [www.facebook.com/at-knoxville](http://www.facebook.com/at-knoxville) to see all of its activities and events.

For more information about residency, call 865-264-3211.

**Autumn Reserve Farragut**

400 Herron Road

**Autumn Care West Knoxville**

136 Canton Hollow Road

**Autumn Care Karns**

Byington Beaver Ridge Road

“We at Autumn Care are greatly interested in offering you excellence in all phases of your residency with us,” a company website stated. “In seeking to provide our residents with that same excellence in the medical care provided on site, we have entered into a partnership with Mission Mobile Medical Care (M3C) to provide in house medical care. On site MD services include Primary Care, Podiatry Care, Wound Care and Behavioral Healthcare.

“We’ll take care of your residence with regularly scheduled maintenance, along with any repairs you may need. Weekly housekeeping and laundering of your linens, towels and personal items is also included.”

Among special services, “the salon offers a full menu of beauty services, all available at an additional charge,” the website release stated. “The Day Spa offers hydro therapy and massage therapy for a competitive fee.

“Enjoy a cocktail at happy hour. Dine on a gourmet meal. Visit the library. Watch a movie in our Movie Theater,” release further stated. “Enjoy a musical performance. Attend a Bible Study or worship service. Do it all with a community of new and old friends without ever leaving the property.

“Residents can have up to two pets at their residence (i.e., cats, dogs, gerbils, hamsters, or birds). Pets should be 20 pounds and under, please. An outdoor Dog Park on the property is available to allow Fido plenty of exercise while you sit in the shade.”

For more information, call 865-392-1300.

**Concord Place Memory Care**

901 Concord Road

Concord Place Memory Care specializes in care for seniors suffering from Alzheimer’s disease and other dementia-related conditions.

“Our approach is to protect, love and engage our residents at all stages in their journey and to provide resources and education to their loved ones through the transition into memory care and ongoing,” said Laurah Shreve, Concord Place Memory Care executive director. “Our care staff is

trained on approaches to mitigate behaviors not only to give our residents the care they need, but (also) to create a purposeful day every day by keeping them stimulated with activities and conversation.

“Our entire community is designed for individuals with cognitive decline, including the wide hallways, secure environment — including the beautiful courtyard, lighting and color scheme— and suite design,” Shreve said.

The community, which has vacancies, offers private suites with prices starting at \$6,950 per month, which includes the suite and care.

“We can care for individuals in advanced stages and, in most cases, can keep our residents with us in the comfort of their suites and provide support to families throughout the final chapter,” Shreve added.

For more information about Concord Place Memory Care, contact [Lmarkin@anthemmemorycare.com](mailto:Lmarkin@anthemmemorycare.com) or call 865-721-6169.

**Deane Hill Place Assisted Living & Memory Care**

401 Catherine McAuley Way

“Deane Hill Place presents itself as a pet-welcoming assisted living and memory care enclave in Knoxville, fostering an environment that embraces furry companions,” the company website stated. “Achieving and preserving independence is made seamless, with the added advantage of having a plethora of shopping, dining, and entertainment choices right at your doorstep. Within our community, residents have the chance to flourish mentally and physically through the creation of personalized care plans tailored to each individual’s requirements. This encompasses Alzheimer’s care alongside our Assisted Living provisions.

“Benefiting from this extra tier of support, coupled with the presence of a licensed nurse on a full-time basis overseeing and coordinating clinical care, instills a sense of assurance and tranquility crucial for you or your loved one,” the website further stated. “Meticulous thought went into the layout of the living spaces, ensuring that individuals facing mobility challenges, Alzheimer’s, and dementia can experience comfort and a homely atmosphere.

Our welcoming communal spaces provide an excellent setting for relaxation or hosting gatherings with friends and family. When the desire for social engagement arises, a plethora of activities await, including live entertainment, bible study, Deane Hill walkers, Putt-Putt and organized social outings.”

For more information, call 865-450-8040.

**Heritage Assisted Living West Knoxville**

273 S. Peters Road

Residents, families speak:

“Heritage Assisted Living feels more like a family environment. The lady [name removed] who initially took us on the tour did a really good job and was very informative. The staff members are very involved with the residents and the care services are excellent. When we do come to visit it seems like they have a lot of different activities going on. Based on the experience we have had so far we would recommend the to other families.

“I have enjoyed my experience here. The staff and the caregivers do their best to see that we are taken care of by giving the best care possible in a home-like atmosphere. I believe they love their jobs and would not work so hard to have our days filled with activities and caring for our needs.

“This community is working out well for my mother since her move here. They have a good staff, and I do feel she is in good hands. They are very helpful, and have been friendly whenever I visit. The community, and her room are well-maintained. There are nice activities offered, and good meals provided for the residents. All is well for my mother here in this community, and I would recommend it.”

For more information, call 865-531-1999.

**Holiday Echo Ridge**

8458 Gleason Drive

“Holiday Senior Living offers services and amenities designed to simplify your life and enhance

**Villages of Farragut**

residents play one of the games at the community’s annual Fall Festival at the Villages, 230 Village Commons Blvd. in Farragut.



**Concord Place**

**Memory Care** resident Helen James visits with a miniature donkey visiting from Shangri-La Therapeutic Academy of Riding. CPMC is located at 901 Concord Road, Farragut.

**Park Place of West Knoxville**

residents enjoy an art class at Park Place, 10914 Kingston Pike, near Farragut.



**Sherrill Hills Retirement Resort**

residents enjoy luxury dining in the dining room of the community, 271 Moss Grove Blvd. in West Knoxville’s Cedar Bluff area.

your well-being,” a company press release stated. “Best of all, every aspect of our all-inclusive lifestyle is backed by industry-leading quality standards and more than 50 years of experience.

“From warm, inviting spaces to housekeeping service, Holiday gives residents everything they need to enjoy a carefree retirement,” the website further stated. “Healthy is also delicious at Holiday. Freshly prepared, flavorful meals are served three times daily, always with a side of warm conversation.

“Residents who need support now – or in the future – can receive care services in the comfort of their community through Holiday’s preferred third-party care providers. Or, they can stick with caregivers they know and trust.”

For more information, call 865-940-9288.

**Morning Pointe Assisted Living Residence**

**Morning Pointe Senior Living Lenoir City**  
198 Morning Pointe Drive  
865-988-7373

**Morning Pointe Hardin Valley**  
2449 Reagan Road  
865-343-0081.

**Morning Pointe of Knoxville**  
9649 Westland Drive  
865-223-6422

**The Lantern at Morning Pointe Alzheimer’s Center of Excellence**  
Lenoir City,  
155 Morning Pointe Drive  
865-271-9966  
Knoxville, 9647 Westland Drive  
865-343-0757  
Hardin Valley Phase II,  
2433 Reagan Road  
865-343-0081

Morning Pointe Senior Living in Tennessee offers a vibrant assisted living, as well as The Lantern for memory care needs.

“Morning Pointe Senior Living stands out as an exceptional choice for seniors seeking comfort, care and community,” said Amy Clarke, vice president of branding and strategy for Morning Pointe. “Our thoughtfully designed, single-level community ensures ease of navigation while the open floor plan promotes both safety and social interaction.

“When considering all the expenses of maintaining a home, Morning Pointe offers a surprisingly cost-effective solution,” she

said. “What sets us apart is the convenience of having comprehensive medical services right at your fingertips, providing peace of mind to both residents and their families.”

The community provides regularly planned activities and specialized programming, along with many amenities, including walking trails and restaurant-style dining in a central dining room and specially prepared meals by a culinary team.

Regarding pricing, Clarke said, “We talk through pricing with residents and families in person as it is based on care needs.

“Vacancy may vary, but it is always best to plan ahead especially when it comes to memory care as often times there is a waiting list,” she added.

**NHC Place Farragut**  
122 Cavette Hill Lane

“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 NHC website stated. Our campus has a walking trail, courtyards with gazebos and recreational amenities like a putting green.

“We strive to make every moment count for our residents and patients at NHC Place Farragut because we believe in celebrating life at all stages,” the website information further stated.

Whether its short-term or home care, “Our residents and patients come to us for a variety of reasons,” the website stated. “Many are short-term, having left a hospital needing skilled nursing and/or rehabilitative care to get them back home. Others have chosen us as their home with assisted living care or memory care.

“We are dedicated to offering our residents and patients the independence they want with the support they need,” it was further stated. “In fact, all of NHC partners prepare for their work day by reciting one of our 20 promises each morning. We want to provide the best rehabilitative and clinical services based on the activity and care needs of each of our residents.”

For more information, call 865-777-9000.

**Park Place of West Knoxville**

10914 Kingston Pike

Park Place of West Knoxville offers an independent style of living.

“Park Place offers our seniors many services that help keep them independent, such as meals, housekeeping with flat linen service, transportation, activities and socialization,” said Beatrice Corum, Park Place of West Knoxville sales and marketing director.

“We have restaurant-style dining,” Corum said. “Our menu is varied and our food delicious.

“We offer medical transport two days a week and a dedicated shopping day as well,” she said. Additionally, “We have someone here 24 hours a day for emergencies so our seniors never have to worry about help if or when they need it.”

The community has apartments ranging from studios to two bedrooms.

“We include, cable TV, private secure Wi-Fi, land-line phone line, safety pendant and all utilities in the monthly rental cost,” Corum said. “Our prices start at \$2,395 a month with no extra fees over the rental amount.

“Here at Park Place West Knoxville, we have an environment that fosters family, both with our staff and the families and friends of our residents,” she added. “Please reach us at 865-675-7050 or drop in at 10914 Kingston Pike. We look forward to meeting you.”

**Parkview West Knoxville**

770 Broome Road, NW  
865-357-2288

**Parkview North Knoxville**

975 E. Emory Road  
865-339-4422

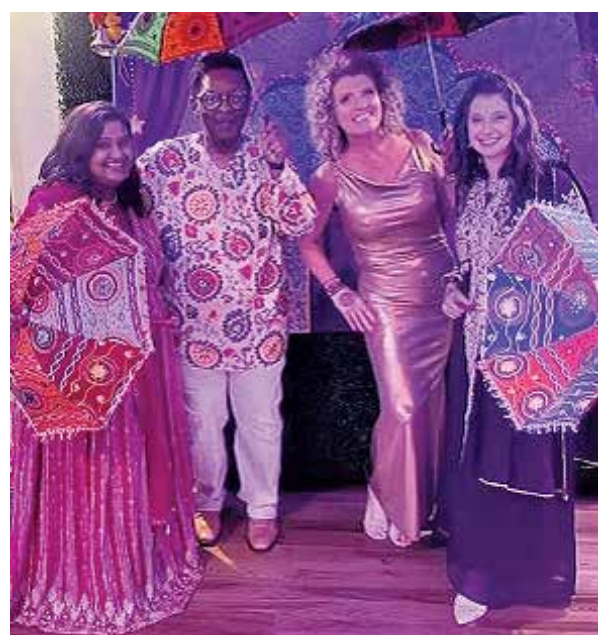
**Parkview Maryville**

1413 W. Broadway  
865-980-8810

“Parkview Senior Living is a luxurious retirement community designed for active seniors who want independent living without any burdens. When you live at Parkview you are sure to have fun with friends, pursue your own interests, and enjoy an active and healthy lifestyle designed just for seniors.

“Choose from one of our spacious and luxurious floor plans that is suited specifically for your needs. We are a pet-friendly facil-





Photos submitted

Left/above: 2024 Bollywood Bash held Friday, Oct. 18.

**AmeriCorps Seniors**

**Senior Companion Program**  
Volunteers Empowering Seniors

The Senior Companion Program engages those age 55 years and older in volunteer service to provide companionship and support to older adults who are experiencing loneliness, isolation, and barriers of aging. This volunteer program allows seniors to build meaningful relationships with one another in adult day facilities and in-home settings.



“As a local Medicare advisor, I see firsthand how many seniors in our community can benefit from the Senior Companion Program. Every day, I meet individuals who need not only assistance but also companionship and support to stay active and engaged. That’s why I’m so excited to be raising money for such an important cause. The Senior Companion Program makes a real difference in the lives of seniors, and I’m honored to be a part of this effort to ensure it continues to thrive. Please come to our fundraisers or consider donating to help us make an even bigger impact!”

~ Ryan Ritter, Ambassador

**Snowflake**  
From page 1C

(from Synergy Home Care). King candidate ambassadors are Brian Hornback (from Knox County), Dr. Colin Booth (from TN Orthopaedic Alliance), Ryan Ritter (from Wisdom Insurance Network) and Tim Wheeler (from

Mynatt Funeral Home). “Each one of the Snowflake Senior Companion ambassadors, they volunteer their time and they’re raising money” until the night of the Ball, Peckham said. “Their job is to raise money for the program. And so they provide information to people about the program, and

then they’re raising money for the program.” To contribute on behalf of a queen or king candidate, visit [secure.qgiv.com/event/snowflakeball2025/leaderboard/](https://secure.qgiv.com/event/snowflakeball2025/leaderboard/) The top fundraising queen and king candidate ambassador is crowned queen and king at the Ball (at 8 p.m.). Runner-up fundraisers for each crown

are named “prince and princess of the Ball,” Peckham said. For more information about the Ball and fundraising events for Queen and King Ambassadors, visit: [www.facebook.com/events/4016977285251442/?active\\_tab=discussion](https://www.facebook.com/events/4016977285251442/?active_tab=discussion)

By Alan Sloan

**Profiles**  
From page 8C

ity so bring your favorite pet. “Our facilities are located in convenient locations, surrounded by everything you could possibly need to live an active life to the fullest. Leave everything to us! Parkview offers a superior lifestyle, comfortable and gracious homes, and incredible amenities.”

**Pinnacle Assisted Living**  
10520 Waterville Lane

“Pinnacle Assisted Living is a senior living community that is located in West Knoxville, Tennessee,” a company website stated. “Our building is a one-level, 64 unit assisted living community that has 64 beautifully designed senior apartments. “The community boasts several safety features, amenities and services that residents love such as housekeeping, beauty shop services and delicious Southern-style cooking all at affordable and all-inclusive rates (no hidden fees or long-term commitments),” the website further stated. “Join us for a complimentary lunch and tour and experience the love and compassion that flows through Pinnacle.” For more information, call 865-444-1451.

**Rain Forest Landings**  
555 Rain Forest Road

“At Rain Forest Landings in Knoxville, Tennessee, receive the services you need while enjoying the amenities you want,” the company website stated. “Here, residents have the opportunity to form new relationships with their neighbors, receive 24-hour nursing care and enjoy their retirement the way they want. “An active life at Rain Forest Landings encourages companionship, socialization and a healthy lifestyle,” the website further stated. “With upscale amenities like private dining rooms, a clubhouse secured walking paths, activity and game rooms, a library and more all on-site, residents have no problem filling their schedules. There are also plenty

of social events, activities and special outings for residents to enjoy. “In addition to the many on-site amenities, seniors at Rain Forest Landings receive personalized care from attentive staff, including: medication management, memory care, nightly room checks, housekeeping and laundry, physical therapy and rehabilitation services, nutritious home-cooked meals and snacks, transportation — and more.” For more information, call 865-200-8238

**River Oaks Place Lenoir City**  
100 W. 5th Ave., Lenoir City

“River Oaks Place Lenoir City is a unique, spacious and welcoming senior living community for seniors in Lenoir City, Tennessee,” the company website stated. “The community sits high atop the “old town” and enjoys beautiful views of the Tellico Lake and Smoky Mountains, yet is just minutes from the bustling Highway 321 corridor, new Ft. Sanders Loudon County Medical Center, doctors offices, banking, shopping and dining locations. “Our senior living community offers one- and two-bedroom apartments, private balconies, large studios and efficiencies that provide floor plans for all lifestyles. “River Oaks Place Lenoir City provides several care levels including independent living, assisted living and memory care,” the website further stated. “Our residents have the flexibility to live their preferred lifestyle based on their individual care needs.. “Spacious and beautifully furnished, River Oaks Place Lenoir City is elegantly cozy, comfortable and affordable. We want our senior living community to feel like a place you’ll want to stay and enjoy. Contact us today to learn more! “Although our independent living community is for seniors who are active, there are still many services and amenities that provide them with convenience. Housekeeping services allow residents to focus on the important

things in life rather than wasting time doing laundry. Along with convenient services, our community also offers health-focused amenities, such as wellness programs and customizable personal care assistance. For more information, call 865-988-9321. **Sherrill Hills Retirement Resort**  
271 Moss Grove Blvd.

At Sherrill Hills, “you’re not just finding a place to live, you’re joining a community,” said Robin Doyle, Sherrill Hills director of marketing for Resort Lifestyle Community, parent company of Sherrill Hills. “What sets us apart is our live-in managers and dedicated team who are always here to provide comfort and peace of mind,” Doyle said. “With everything taken care of with one simple monthly payment, no buy-in fee and the flexibility of a month-to-month lease, you can enjoy worry-free living from the moment you move in.” Overseen by live-in community managers Holly and Nick Johnson, the community in West Knoxville’s Cedar Bluff “offers resort-style independent retirement living for seniors 55 and better,” Doyle said. “We offer studio, one-, two- and three-bedroom apartment homes,” Doyle said. “We are presently at full capacity and welcoming names for our waitlist. “For one monthly price, our residents can enjoy flexible dining, round-the-clock concierge service, weekly housekeeping, scheduled transportation, valet parking, a 24/7 emergency alert system, live-in managers, regular fitness classes, monthly social events and more,” Doyle said. For more information about Sherrill Hills, call 865-622-4059 or visit online at [rlcommunities.com/communities/tennessee/sherrill-hills-retirement/](https://rlcommunities.com/communities/tennessee/sherrill-hills-retirement/) **Story Point Knoxville West**  
8501 S. Northshore Drive

tasks to the handling of household maintenance and more, our dedicated team knows that care isn’t one-size-fits-all,” a company website stated. “We take the time to get to know each resident to ensure they receive the absolute best care for their unique wants and needs. “Along with care, our community offers an array of daily activities and amenities to enjoy, including an on-site library, beauty salon and barbershop and fitness center. At StoryPoint Knoxville West, we make sure that our residents feel right at home. “We’re honored to have the most senior living communities to receive both the A Place for Mom 2024 Best of Senior Living Award and the Caring.com 2024 Caring Stars Award,” the release further stated. “These awards are special because they come directly from reviews by the people who matter most — residents and their families. Take advantage of our top-rated gourmet dining options, expert care and activities designed to let you shine every day. Schedule a tour to see why StoryPoint Group communities are No. 1.” For more information, call 865-269-6026. **Trustwell Living of West Knoxville**  
1932 Falling Waters Road

“At Trustwell Living, our mission is to enhance the lives of residents and their families by treating them with trust, compassion, integrity and respect,” the company’s website stated. Also featured includes a “beneficial low ratio of residents to caregivers and a welcoming, family-like atmosphere,” the website further stated. “We provide a range of care services, including independent living, assisted living and memory care, allowing our residents to enjoy a seamless continuum of care. “The Trustwell Living executive team brings a long history of industry experience and a passion for caring. With over 160 years of combined experience, we are well-versed in the latest

care techniques, and we provide spaces and services that promote a high quality of life. We strive to create a corporate culture that is inclusive and supportive, and much of our staff have been dedicated employees for over 20 years.” For more information, call 865-272-8292. **The Villages of Farragut**  
230 Village Commons Blvd

The Villages of Farragut is an independent senior living community with a catered and maintenance-free lifestyle. “When you move in, all of the residents go out of their way to make you feel welcome and to include you in the activities and events,” resident Ellen Tisdale said. “The food is great, and the staff goes out of the way to make everyone happy.” “We are a family-owned LLC based out of Franklin, Tennessee,” Villages executive director Melody Matney said. “Owners Gary Keckley and his wife, Rikki, have been in the senior living industry their entire careers, and their company, Goodworks Unlimited, includes 26 ... communities in Tennessee and Kentucky.” The Villages, which is 110,000 square feet, provides 81 “spacious apartments for our independent living, which include various floor plans with up to 1,470 square feet, 10-foot ceilings, fully accommodated kitchens and optional porches or balconies and sunrooms,” Matney said. “We offer one- or two-bedroom apartments, and many style apartments include a heated and cooled sunroom or patio or screened porch,” she said. “Rent includes all amenities, utilities, social events, activities and restaurant-dining. Starting rates are \$4,135.00 monthly.” To schedule a visit, call Sandi Simpson, community relations director, or Matney at 865-671-2500.



## 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](http://TheVillagesFarragut.com)