

# A New Perspective *on* Senior Living

FARRAGUTPRESS WEDNESDAY, OCTOBER 28, 2026 • 1C

## Life on two wheels: the Joe Terry story

When Joe Terry speaks, people listen.

Better known as “Papa Joe” or “Papaw,” Terry has a gravelly voice with hints of his Louisiana roots. But in a snap, the 90-year-old’s tone can shift from steely-eyed and serious to a full-throated laugh, which brings a smile that spreads to everyone around him.

Just a few days shy of his 91st birthday, Terry dug into a reason behind that grin — his family — and why that quality time keeps him young enough to ride a dual-sport motorcycle better than someone 60 years his junior.

“I don’t know if a man can really put that into words,” he said with a tearful joy. “Seeing how motorcycles can raise the character, how some of the events we’ve been involved in are measure-builders in life.”

Yet in his own youth, Terry couldn’t come near the machines.

“My daddy wouldn’t let me have one,” he confessed. “I fooled around and raced boats and things like that, but there was no place on that farm for two wheels and a motor. My first bike I bought was a TW-200 that I began to ride in the woods after I was married.

“But when these youngsters began to come around, the



Photo courtesy of Michael Terry

For years, the “Terry boys” have enjoyed motorcycles and the fun that comes with them. From left to right in this photo: Rick, Matt, Blake, Michael, Shane and Joe Terry.

bike had to go.”

Eventually, though, his children Rick, Mike and Sharlynn gravitated toward the activity, too.

Once they passed their safety and equipment tests, administered by Terry himself, there came the spark of a lifelong passion that has transcended state lines and generations.

A well-respected mechanic in his home state, Terry and his family moved to Tennes-

see as Suzuki dealers in the 1970s. From that storefront in Oak Ridge to gravel roads and woods across the Southeast, his path has included all sorts of off-road motorcycles.

“As a dealer, I was involved in street bike riding, but my heart has always been off-roading,” he said. “There’s probably no apparatus known to mankind that has been used in so many different ways.”

For their own kids’ races,

Terry and Bonnie, his wife of 68 years, would travel with their children to events across the country. She would keep their times in a notebook, and he would stand ready to repair anything that needed fixing.

Once their children grew up, he began competing in grueling enduro and cross-country races — learning more about himself while becoming a national champion.

“In those tests out there,

when you know there is no hope of moving forward, yet you find it in your heart to conquer, you’ve found a lot about what you’re made of,” he said.

As the years passed, he found new ways to enjoy the sport — even riding on his 80th birthday and racing on the famed 55-acre Unadilla track in New York in his 70s.

More recently, Terry has

See TERRY on Page 8C

## 100 years young

### Dorothy Griffith celebrates her century of life



Family and Autumn Care Assisted Living Care residents joined fellow resident Dorothy Griffith in celebrating her 100th birthday Wednesday, Oct. 7, at Autumn Care, 400 Herron Road.

“I couldn’t help it,” Dorothy said about turning 100 with a laugh. To live that long, she replied, “I don’t know” but her granddaughter, Kristi Smith, recalled her grandmother always stayed active.

“Always walking, walking,

walking, even after she broke both hips,” Smith said. “She kept walking. It’s only been since January that she’s been in this [wheelchair].”

So, what does Dorothy recommend for a long life? “Just hang in,” she answered.

“That’s what she said a lot, ‘hang in there,’” Smith said of her grandmother. “She’s always been there my whole life. She would have literally

See 100 on Page 8C

## Season change brings opportunities at West Knox County Senior Center

West Knox County Senior Center is giving seniors in the Farragut area plenty of ways to enjoy the fall season and the holidays and to give back.

“I like to think we’ve got a little something for everyone,” center coordinator Darrell Gooding said.

From ugly sweater parties to a craft fair, seniors do not have to be alone this season.

And as this is the season of giving, one way people can give is by donating items for gift bags for the Senior Angel Tree program administered through the Retired & Senior Volunteer Program through the Knox County Office on Aging.

With rising housing costs, rent increases and other circumstances, the RSVP said seniors are having a hard time.

“Forty percent of these gift bags will support adults age 60 and older who are now living in their vehicles,” a press release stated. Donors can bring their items to the senior center, 239



File photo

From left, Mark Graham, Judy Graham and Loleeta Jones participated in last year’s craft fair at West Knox County Senior Center. This year, the craft fair will be from noon to 3 p.m., Friday, Nov. 13, in the center along Jamestowne Boulevard.

Jamestowne Blvd., which is one of the drop-off locations.

Starting Nov. 1, the Office on Aging will be accepting items through November, said Gooding said, who added he is surprised by the “number of people who walk through this door who want to make Christ-

mas brighter.”

The most needed items are household items, such as dish soap, laundry pods/detergent, non-electric can openers, jar openers; new non-slip cozy socks; throw blankets; and toi-

See SENIOR CENTER on Page 7C



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WEST KNOXVILLE • FARRAGUT

# Autumn Reserve

## Independent Living, Reimagined

*Resort-style living in West Knoxville, with Autumn Care's assisted living support always close by.*

For many seniors, independence and peace of mind have meant choosing one or the other. Autumn Reserve offers both. Nestled in the heart of Farragut, it opened in 2019 as the flagship of Autumn Care, the family-owned and operated community that welcomed its first residents in Karns in 2009. Its two-story design was shaped by the owners with one goal: everything a resident needs is close at hand, with no long corridors or multiple floors to navigate.

A TABLE WORTH COMING TO

Residents enjoy three Executive Chef-prepared meals a day, where two is typical elsewhere. Meals are served restaurant-style in an elegant dining room with seasonal menus and an Always Available menu of favorites, all approved by a registered dietitian.

A CALENDAR AS FULL AS YOU'D LIKE

Residents choose from arts and crafts, happy hour, movie nights, billiards, put-putt golf, and group outings to shops, parks, and restaurants. The theater and library are always open, and cats and small dogs are welcome.

AGE IN PLACE, WITHOUT MOVING TWICE

Because Autumn Reserve sits within a licensed assisted living community, residents can stay in their home if their needs change. In-house nurses and nurse practitioners offer extra support, as well as respite care and hospice. A therapy gym supervised by licensed physical, occupational, and speech therapists helps residents stay strong and active.

CARE THAT BEGINS BEFORE MOVE-IN

When an application is submitted, the Director of Nursing meets with the prospective resident, reviews their medical history, and builds a personalized plan of care. Optional services, such as medication management, are available only when wanted.

A TEAM THAT STAYS

Many senior staff members have been with Autumn Care for years, even decades, and have grown with the company. Regional Vice President of Marketing Pam Estes began as a Life Enrichment Director and knows the community from the inside.

EVERYTHING WITHIN REACH

Close to Turkey Creek, Campbell Station Park, the Township Library, local churches, preferred medical providers, and the TN Green Belt walking path, Autumn Reserve puts the best of West Knoxville within easy reach.



Mari Falk  
Chief Executive Officer

“

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

JULIA • LONG-TIME RESIDENT



Pam Estes  
Regional Vice President  
of Marketing

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# Snowflake Ball combines awareness and fun

This February, an important annual fundraiser will write another chapter in the Knoxville community.

The Snowflake Ball, sponsored by Apex Bank, is a fundraiser for the Senior Companion Program under the Community Action Committee’s Office on Aging.

The event will be held Saturday, Feb. 6, in a ballroom on the third floor of the Knoxville Convention Center from 6 p.m. to 9:30 p.m.

It will be an evening of entertainment with live music from the Swing Time Ensemble, a live 15-piece band, along with dancing, networking, dinner, a silent auction and a king and queen crowning for the couple who raises the most money out of the four two-person teams competing.

The second-place team will be awarded prince and princess honors.

“It’s a lot of fun,” said Michelle Peckham, the seniors program manager for the Office on Aging. “If you’re going to raise money, you should have fun. We’ve had the Snowflake Ball for about 16 years, and about 10 years ago is when they started to crown people.”

Proceeds benefit the Senior Companion program by providing a stipend, transportation and meals for Senior Companion volunteers, most of whom volunteer 20 to 30 hours per week to check on elderly people who would otherwise be at home by themselves.

“It’s a fundraiser for the Senior Companion program under the Office on Aging,” Peckham said. “This program allows people to stay in their homes longer. We ask folks 55 and older to volunteer to go into other home-bound seniors homes and be a companion for a couple hours a week.



Photo courtesy of Michelle Peckham

The Snowflake Ball is an annual event that raises money for the Knoxville-Knox County CAC Office on Aging’s Senior Companion program. Last year’s Snowflake Ball court is pictured here. Seated are Julie McWhorter Moore (Queen) and Ragan Schriver (King). Back row: Damon Rawls, Greg Blankenship (Prince), Gabe Akers, Carol Guillemet (Princess) and Allison Oaks. Not pictured LaKenya Middlebrook

Make sure their house is safe, ensure they are getting food and that there’s someone there to talk with them.”

Currently, Peckham said there are 55 volunteers who serve as senior companions. Altogether, they contribute approximately 43,000 volunteer hours in a single year.

Peckham said her organization requests for volunteers to put forth at least 15 hours per week, though most go well beyond that.

“Most spend at least four hours per week with any particular homebound senior,”

Peckham said, “and have one or two seniors they’ll see per week.”

Each volunteer receives a small stipend to offset any costs they may incur as part of their visits.

The companion program has existed nationally for years, but it was started in Knoxville in 1988.

And in her seven years with the Community Action Committee, Peckham has seen and heard about remarkable effects from this program.

“A homebound senior has

a pet die and they wait until the companion comes because they know the companion won’t just treat that pet as a dead animal; they’ll understand how special that animal was to them,” Peckham said. “Even the sad stories where a companion will knock on the door and not be able to get in because the senior has fallen or passed away. But they find them as opposed to no one finding them. They go play Uno for four hours because that’s what someone wanted. They hold their hands at doctor’s appointments when they have to

hear hard things.

“It’s someone engaging with them for those four hours. It’s a companion who, even though this person has grandchildren and children, they’re there weekly to make sure those people aren’t alone or left behind.

“It’s those stories I hear all the time,” she added, “and it’s really a beneficial thing.”

To discover more about the Snowflake Ball or how to contribute, visit the Knoxville-Knox County CAC Office on Aging Facebook page or visit snowflakeball@knoxseniors.org.

~ Jake Nichols

# Lynch advocating for seniors in Snowflake campaign

Earlier this fall, Ashley Lynch received a call she’d been waiting on for years.

That call informed Lynch she had been nominated to run for Snowflake Queen, one of multiple honors given at the annual Snowflake Ball which will be held in February 2027.

The ball is an annual fundraiser for the Knoxville-Knox County Community Action Committee’s Office on Aging, as money is raised for the office’s senior companion program pairing volunteers with seniors who live by themselves.

Lynch is on a team with Alex Dalton, and they are competing against three other squads: Team Frost and Fabulous (Ronda Davis and Jacob York); Team Mackenzie and Adam (Mackenzie Phillips and Adam Landrum); and Team Timeless (Dr. Ann Carter and Philip Carter).

Each person running has multiple responsibilities: to

raise money, but also to raise awareness for the senior companion program and its importance in the community.

“Watching people get really competitive has been fun, especially since a lot of these folks are within the senior community field,” Michelle Peckham, the seniors program manager for the Office on Aging, said. “So they work in assisted living or for different places, and they get competitive with each other.”

“We have had amazing success by adding that to it, and they have been so generous,” she added of the team aspect. “They run from September through the night of the ball, so about four months, and at times, it almost becomes a full-time job. Some have weekly events, and there are a few who have had big events, but most will have things now and then. We call them king and queen ambassadors because their job is to raise money but also to let

people know about the senior companion program.”

This marks Lynch’s first time running, as she was nominated by Brian Hornback.

“I am running because I believe seniors are an integral part of our community, but a lot of times they get left behind, so I want to bring more awareness to our seniors,” she said.

Lynch is no stranger to seniors, as she noted the impact of her late grandparents who died six months apart in 2019.

“My grandparents basically helped raise me,” she said. “They were huge in my life, part of everything. I love and miss them every day. They passed six months apart, so I decided I’d take care of everyone else’s grandparents.”

As Lynch alluded, that loss inspired her to start a nonprofit delivering pictures, cards and gifts to nursing homes across East Tennessee.

“We’ve kind of scaled that



Photo courtesy of Ashley Lynch

Snowflake Queen nominee Ashley Lynch said that her grandparents inspired her to give back to senior citizens, something she has tried to do in multiple facets.

back because it’s so much, but we improve the quality of life for senior citizens. And it’s a one-man band,” she said. “I have help, but it’s a lot to take on when you have two jobs. I want to make it a priority to

offer some sort of comfort so they know they’re still loved and feel included, not just thrown into a nursing home. I want to continue to do it — just

See LYNCH on Page 5C

## PROFILE: PINNACLE ASSISTED LIVING

Pinnacle Assisted Living is an exceptional senior living community providing Assisted Living Services. Our assisted living community offers care to seniors that need help in their daily routine. Featuring a variety of calming natural settings, our community is designed to provide a sense of support and relaxation for seniors who want to enjoy their retirement.

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## PROFILE: YMCA



## Working toward a better community

Founded in 1854, the YMCA of East Tennessee is a charitable organization working toward a better community for us all. Every day, the Y supports kids, adults, seniors, and families with programs that connect, teach, protect, heal, nourish, and encourage. We work side by side with our neighbors to make sure that everyone – regardless of age, income or background has the opportunity to learn, grow, and thrive. We know that when we work together, we move individuals, families and communities forward. The Y responds to society’s most pressing needs by developing innovative, community-based solutions to help those in need to reach their full potential. We are also committed to inspiring a spirit of service by uniting individuals from all walks of life to participate in and work for positive social change. The Y. For a better us.™



Photo submitted

# Aging: A Family Affair provides practical information on issues related to aging well

Now in its 42nd year, Aging: A Family Affair once again will provide valuable information and resources on topics related to aging that are helpful to older adults, their families, caregivers and professionals.

The event is planned for Thursday, Nov. 5, from 8 a.m. to 3:45 p.m. at Rothchild Conference Center, 8807 Kingston Pike.

This day-long event includes a series of informative workshops, as well as a Resource Expo, with more than 60 vendors on hand to talk about

their programs and services for older adults. Free health screenings will be provided by UT Medical Center. Door prizes will be distributed at the end of the event.

This year's Peggy Wirtz keynote address will be given by Dr. Carole Myers, who will present "Your Story is Your Legacy."

Workshop topics include:

- Building Your Legacy: Estate Planning for Every Stage of Life with Patrick Noel, CELA, Guyton, Frère, & Noel

See AGING on Page 6C

# “Oh My Gosh!”

## Is this normal aging or something worse?

“When Gary started having trouble with numbers and reading the clock, I knew something was off,” Diane Benson said. For her husband, a former Army and airline pilot, even complex math had always been second nature. Amid the stress of the COVID pandemic and Gary’s demanding job, Diane first assumed it was just stress.

But as time passed, Gary’s difficulties persisted. “Oh my gosh! This is more than just stress,” Diane realized.

The Bensons’ experience is one many families face: when do memory lapses and confusion signal normal aging, and when are they signs of something more serious? Diane shares her story to help others recognize when to ask that question.

Eventually, she voiced her concern to their doctor — Gary was having trouble reading the clock. That moment of honesty opened the door to answers and support. Gary was diagnosed with Alzheimer’s disease.

At an Alzheimer’s Tennessee Caring and Coping Workshop, Diane found both knowledge and reassurance. “It took me a while to reach out for support, but I am so glad I did. Alzheimer’s Tennessee has been wonderful,” she said. Di-

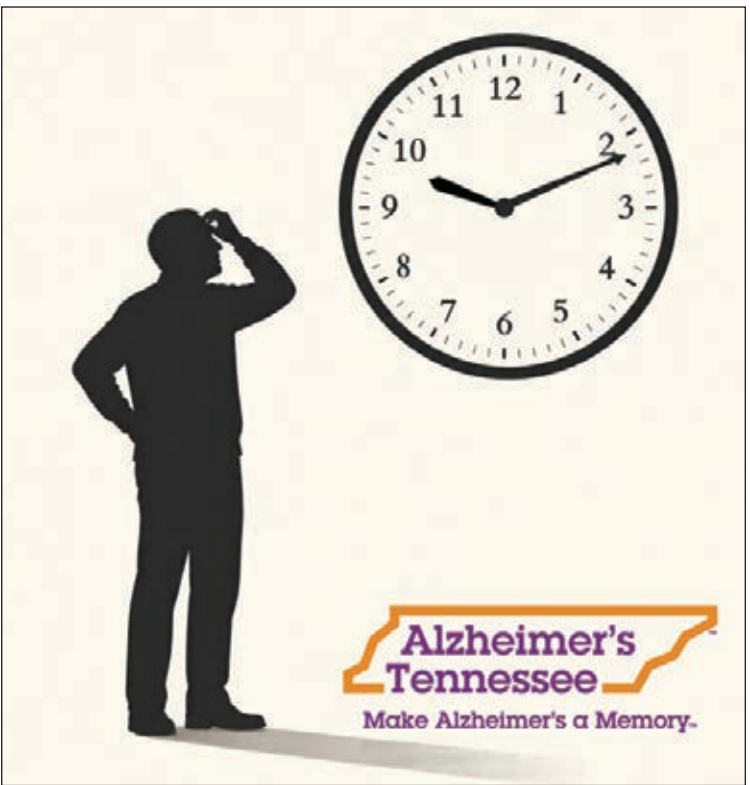


Illustration submitted

ane encourages anyone with concerns about a loved one to reach out: “They have so much to offer and will come alongside you to help.”

This November, during Alzheimer’s Awareness Month, the organization will premiere a new video, “Did You Know? Alzheimer’s vs Normal Aging,” at Laurel Church of Christ (3457 Kingston Pike)

on Nov. 4. Community members are encouraged to attend. Details at [www.alztennessee.org/premiere](http://www.alztennessee.org/premiere).

“Gary was barely 70 years old at the time. We often live in denial and don’t want to see what we see,” Diane said.

~ Submitted by  
Alzheimer’s Tennessee

**Lynch**  
From page 4C

have to figure out the balance on it.”

She also volunteers for the Senior Companion program on her own time, having plenty of Bingo games and delivering gifts.

“They are a great organiza-

tion,” she said, “and I was really excited. I have wanted to do this for a couple years, so now I’m like, ‘Let’s do it.’”

That eagerness will continue on the campaign trail in pursuit of the Snowflake Ball honors.

“I’m actually really excited about that. I get really competitive, so the goal is \$10,000 and

I’m going to win,” Lynch said. “I have kicked it off a little, but around November, it’s back to the grind. I’ll be all over the place doing stuff.”

She is not the only one, though, as her team will compete against three others for the top spot.

And Peckham noted how the competitiveness has taken

over, even down to the final night.

“I have seen people put \$20,000 in their jar the night of the ball,” Peckham said. “It’s always interesting to see who has hid what and why, and there are stories that people have hid for whatever reason.”

To donate to Lynch or anyone else who is running, visit

the Knoxville-Knox County CAC Office on Aging Facebook page.

“She told me last year, ‘I want to run for 2027,’” Peckham added of Lynch. “I know it’s important to her, and she was the first to say yes this year. She’s gotten off to a pretty good start.”

~ Jake Nichols





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# Providing more senior housing options



Photos submitted



The Villages of Farragut, an independent living community, is expanding with the Villas for Independent Living to provide more housing options for people ages 55 and older.

“We have just recently completed construction on our first six villas, and residents have just moved in,” said Melody Matney, executive director of The Villages at Farragut. “All six (villas) have lease commitments.”

And, “we will begin construction in the immediate fu-

ture,” she said. “The plans are the next six will be ready for occupancy in spring 2027.

“By spring, we’ll have a total of 12 villas,” Matney said. However, “when this phase, Phase 2, is completed, we’ll have 28 villas.

“We are currently visiting with prospects who are interested in our maintenance-free lifestyle, and if anyone’s interested in additional information, please call [Matney] or Lynsey Chasteen, 865-671-2500,” she said.

“I’m excited,” Matney said.

“I think the residents who have made the decision already have expressed their happiness with their decision [to live in a villa] and have offered to let other people know how happy they are with their decision.”

With the villas, “everything is designed for maintenance-free living and aging in place with high-end construction,” she said. “We have granite, soft-closed cabinets, a two-car garage with a finished floor, a gas fireplace and tankless hot water heater.

“All appliances are furnished,” Matney said. “All property maintenance and landscaping is provided by the Villages of Farragut.”

She said the villas are all one-level living.

“We are currently offering two-bedroom, two-bath designs in two different floor plans,” Matney said. “Our residents of our villas are part of our family, and they have the opportunity to enjoy every amenity that all of our other residents enjoy.”

Those amenities include so-

cial hours, parties and music events; restaurant-style dining services; salon; and other offerings, such as physical therapy.

The Villages of Farragut was founded in 2003 by Gary and Ricki Keckley of GoodWorks Unlimited, LLC., Senior Living Ministries, which is a Tennessee-based 501(c)(3) non-profit organization. It is focused on supporting caregivers, senior adults and their families.

~ Tammy Cheek



Photo submitted

## Aging

From page 5C

Elder Law

- In Search of Fresh Air: Understanding Pulmonary Aging with Philip Hanneman, MD, UT Medical;
- Navigating the Caregiving Journey with Mitch Olszewski, AARP;
- Medicare 2027: What’s New & What You Need to Know with Amanda Johnson, East Tennessee Area Agency on Aging & Disability;
- Breaking the Silence: Understanding Hearing Loss & Aging with Julie Beeler, CCC-A/SLP, The University of Tennessee Health Science Center Department of Audiology & Speech Pathology;
- Click with Confidence: A Guide to Navigating Health Information on the Internet with Rachel Roberts, MSIS, assistant director of Preston Medical Library & Kelsey Grabeel, MSIS, head of Community Health Services;
- A Place to Belong: How Senior Centers Support Healthy Aging with Aar-

on Browning, City of Knoxville Parks & Recreation; Mary Sibbett, John T. O’Connor Senior Center; and April Tomlin, Knox County Senior Services:

- Veterans & Survivor Benefits with Heidi Pauman, Knox County Veterans Services; and
- Psychology of Spending with Angel Fields, CCUFC, UT Federal Credit Union.

Registration is \$25 per person (\$30 after October 23rd) and includes:

- Light breakfast
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Register online at [knoxseniors.org](http://knoxseniors.org) or call 865-524-2786.

Special thanks to presenting sponsors, AARP & UT Medical.

~ Submitted by CAC Office on Aging

## PROFILE: THE VILLAGES OF FARRAGUT

### A thriving community for seniors

The Villages of Farragut, an independent living community designed for seniors 55+ to live their life to the fullest is thriving! The Villages is a unique campus built on 25 acres, and features a variety of amenities including spacious apartments with lots of natural lighting, paved walking trails, courtyard with putting green, and much more. Owners Gary and Ricki Keckley, who are based out of Franklin, Tennessee, empower the executive directors to make decisions that reflect the needs of the community.

The Keckley’s company, GoodWorks Unlimited, is celebrating 26 years! With the Keckley’s dedication and experience during these two decades, the company has grown to 27 senior communities in Kentucky and Tennessee, ranging from independent living to communities that offer a continuum of care. “Our residents are looking for more than just a place to live. They want a happy, safe environment where they can enjoy wonderful food, meaningful friendships, and a genuine sense of family—and that is exactly what we strive to provide every day. We are truly blessed to be part of the Farragut community,” shares Melody Matney, Executive Director of The Villages of Farragut.



Melody Matney, Executive Director  
The Villages of Farragut



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**Top:** Ladies enjoyed showing off their ugly sweaters during last year’s holiday event. This year’s Ugly Sweater Party will be from 1 to 3 p.m., Friday, Dec. 11, in the center, 239 Jamestowne Blvd. **Above:** Lily Tomlin is ready to bring cheer to seniors at West Knox County Senior Center.

Senior Center  
From page 1C

letries, such as body wash, hand soap, dental floss, lotion, shampoo, tissue boxes, toothpaste, nail clippers, combs, hairbrushes, deodorant, body wipes or toilet paper.

The items will be picked up for delivery the first of December.

In addition to the senior center, people can drop off items at CAC Office on Aging, 2247 Western Ave., Knoxville; Carter Senior Center, 9040 Asheville Highway.

“We are also looking for volunteers to pick up donations and wrap gifts,” the release stated.

Along with giving, West Knox Senior Center will host several events for the community, and Lily Tomlin will be there to cheer everyone.

Lily was adopted by senior services director April Tomlin a few years ago and completed Human Animal Bonding in Tennessee certification.

“She is at the center throughout the month, and center participants are more than welcome to stop in and visit Lily,” Gooding said. The center’s newsletter shows the dates Lily will be at the center.

There will be a holiday craft fair, which attendance is free and open to the community, from noon to 3 p.m., Friday, Nov. 13, in the center.

“The event features a variety of items for sale — crafts, baked goods, household items and much more,” said Mary Rubins, WKCS assistant coordinator. “There’s no telling what treasure you will find.”

To get in the holiday spirit, people can learn about stained glass during Visualize Art Studio’s On-the-Go workshop.

“There is no experience required,” Gooding said. “Students will get an in-

roduction to stained glass, beginning with a cut kit — choosing their own colors — and learning the copper foil method of assembly.”

Students will take home a hanging piece or ornament for the holidays. The class fee for this event is \$90 per person, payable to the instructor. Call the center to register.

Also, the senior center will host an Ugly Sweater Party, sponsored by Lacey Sisk with NHC Homecare, from 1 to 3 p.m., Friday, Dec. 11.

“We’ll have beverages, snacks, deserts and Bingo,” Rubins said. “Wear your ugly sweater and the uglier the better.”

Then, Theresa Herzog, “one of our seniors,” will sponsor a Christmas Tea at 1 p.m., Monday, Dec. 21, Gooding said.

“There will be mini sandwiches, salad, dessert and other light foods to enjoy,” he said, adding there will be seating for only 25 so people need to get tickets at the center’s reception desk starting Monday, Nov. 30.

To end the season, there will be a New Year’s at Noon Thursday, Dec. 31.

“Join us for a fun and festive celebration as we ring in the New Year at noon,” Gooding said. “We’ll have light refreshments and New Year’s at Noon Bingo with prizes.

“There will be 50 tickets available for this program,” he said, adding they will be available at the reception desk starting Nov. 23.

Additionally Gooding said individual groups will be having Christmas parties as well.

For more information about the tickets, call the center, 865-288-7805.

After the holidays, seniors can check out future health and fitness offerings at the center.

~ Tammy Cheek

PROFILE: NHC

Your trusted partner in comprehensive senior care

Welcome to NHC, your trusted partner in comprehensive senior care. With over 50 years of experience, we provide a continuum of care that includes skilled nursing, assisted living, independent living, homecare, hospice, and specialized services like memory care, geriatric psych acute care, pharmacy, and rehabilitation.



At NHC, we prioritize your well-being, offering personalized, high-quality care tailored to your needs. We look forward to welcoming you and your family!

NHC is recognized nationwide as an innovator in the delivery of quality senior care. Our founder, Dr. Carl Adams had a vision in 1971 to provide higher quality healthcare services for seniors. His dream was to create a campus concept that offered in-house services for residents as they age with different needs much like the continuing care retirement community of today.

Decades of pursuing a better way led NHC to our greater commitment toward patient and resident satisfaction with the adoption of our 20 promises. Our Better Way 20 promises mark the continuous commitment to our customers to deliver compassionate care and excellent service

[www.AlzTennessee.org](http://www.AlzTennessee.org)

Alzheimer's Tennessee

EST 1983

TENNESSEE ORIGINAL

Make Alzheimer's a Memory

In 1983, President Ronald Reagan declared **NOVEMBER** to be national **ALZHEIMER'S AWARENESS MONTH**.  
Alzheimer's Tennessee was founded locally that same year. Thanks to your support, our 501C3 organization continues to serve families and fund research.





Did you know?

Alzheimer's -vs- Normal Aging

Video Premiere with Beth Haynes & Dr. Monica Crane



Dr. Crane, MD



Gene Patterson Emcee

November 4th, 2026  
10:30am - 1:00pm

Laurel Church of Christ  
3457 Kingston Pike  
Knoxville, TN 37919

Admission is FREE ~ please RSVP  
Call 865-544-6288 or online at:  
[www.alzTennessee.org/premiere](http://www.alzTennessee.org/premiere)

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East Tennessee Area Agency on Aging and Disability  
A Division of ETHRA





BUDDY'S bar-b-q  
Smokin' Since 1972



BUDDY'S BUCKS  
\$15 VALUE  
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LaMuriel Smothers

Smokin' Good Coupons!

Like Alzheimer's Tennessee, Buddy's bar-b-q® is a Tennessee original. Buddy's is committed to Make Alzheimer's a Memory in honor of LaMuriel Smothers, whose home cookin' inspired her, and her husband, Buddy, to open the restaurants we all love.



Get your Smokin' Good Coupon Books at all Buddy's bar-b-q® locations.

All proceeds benefit Alzheimer's Tennessee

Alzheimer's Tennessee

WALK TO MAKE ALZHEIMER'S A MEMORY

Walk with Alzheimer's Tennessee

Sign Up Your Team TODAY, Take Alz of your steps VIRTUALLY if easier, and Start Honoring Loved Ones with Donations this Season!

[www.alzTennessee.org/Walk](http://www.alzTennessee.org/Walk)

Mark Your Calendars!

• Knoxville Walk - April 10th  
@ Catholic High School

• 5 County Walk - April 17th

• Foothills Walk - April 24th





Alzheimer's Tennessee

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Your GATEway to Services

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ALZTENNESSEE.ORG

5801 Kingston Pike, Knoxville, TN 37919 | (865) 544-6288



100  
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given me the shirt off her back if I said I liked her shirt. She would take it off and give it to me.

“She’s pretty amazing,” Smith said. “Dorothy’s turning 100 is amazing. We thought we were going to lose her in January. She had a real low spell. Everybody around here was kind of prepared, but even in the back of my mind I would not be surprised if she bounced back. And, she did.

“We call her the energizer bunny,” Smith said of Dorothy.

“I was surprised because she was at a real low, and it was like a miracle that she came out of it,” great-grandson Samuel Smith said. “But she had the spirit to keep going.”

Dorothy came to Autumn Care about four years ago. She was born Oct. 7, 1926, in Memphis to Victor and Alice Almon.

A child of the Great Depression, Dorothy remembered,

“It was hard for people to find food.” She also remembers her older brother going to serve in World War II.

“Her dad lived to be 99 and her mom lived to be 95,” Kristi Smith said.

“[Dorothy] did spend the majority of her life in Memphis; however, after scoring very high on a shorthand test in her late 20s, she went to Washington, D.C., around 1953, 1954, during Ike Eisenhower’s presidency, and became a secretary at the Pentagon,” the granddaughter related. “She eventually became a secretary for the Joint Chiefs of Staff and had a top secret security clearance.”

Smith related Dorothy did not stay in that job for more than a couple years, though, “because my mother, who was 10 years old and still living in Memphis with [Dorothy’s] parents, came to visit her in D.C. one summer then refused to go back home without her.

“She couldn’t say no, so she left the Pentagon and went back to Memphis,” Smith said.

Dorothy only had one daughter, Carolyn Campbell, who



died 20 years ago, and from Carolyn, she has one grandchild, Kristi Smith. Dorothy has three great-grandchildren from Kristi — Samuel Smith, Claire Smith and Kyle Smith — and one great-great-grandchild, Maxwell Smith, the son of Kyle.

In the 1960s Dorothy returned to work for the U.S. government — Smith could not recall what part — and was sent to South Korea, again as a secretary.

“She met and married her late husband, Bennie Griffith, there,” Smith said. “They returned to Memphis in the ’80s and retired to Eads, just outside of Memphis. She relocated to Knoxville in 2021 to be closer to family.”

~ Tammy Cheek



Photos submitted

**Top, left:** Dorothy Griffith is pictured with her 100th birthday celebration cake.

**Top, right:** Dorothy Griffith (center) enjoyed celebrating her birthday with family and friends.

**Above, right:** This photo of Dorothy Griffith and her husband, Bennie, was taken in 1969 in Kyong Won Palace in Seoul, Korea, where she was a secretary for the U.S government.



Jake Nichols

Michael, Joe and Rick Terry have enjoyed plenty of quality time together in the outdoors, uniting as a family over their love of motorcycles and racing.

Terry  
From page 1C

hosted numerous events on the family’s property in Lenoir City: an annual sanctioned Trials ride fundraiser that helped one competitor move on to the international level and youth programs teaching the basics of the sport to children.

In the process, he became an inductee to the Southeastern Trials Riders Association (STRA) Hall of Fame.

“I get to look back now to some of the youngsters I would even fuss at during those weeks because they were clowning, and now they are world-class riders,” he said with a laugh. “But I can look you in the eye and say ‘I don’t know of a single person I’ve had a hand in that has been injured while going through the process of learning.’”

Today, Terry enjoys sharing that knowledge with his great-grandchildren, who are

just discovering the love of riding.

But when given the opportunity, he is just as eager to show off his own skills on a white dual-sport bike.

In that way, Terry exemplifies a simple truth: that even as he sits roughly nine years from 100 years old, age is just a number — especially when it comes with will to continue living every day to its fullest.

“I will be one of the most blessed men — not the most blessed, because I don’t want anyone thinking I’m setting myself aside — that you will ever interview,” he said, reinforcing his faith and the importance of his walk with Jesus to his life each day. “I would encourage anyone to not deviate from what they enjoy doing because those are the things that keep giving me the want to live.”

~ Jake Nichols

PROFILE: AUTUMN RESERVE INDEPENDENT LIVING

A photograph of the exterior of the Autumn Reserve Independent Living building. It is a modern, single-story building with large windows and a covered outdoor seating area with patio furniture.

Offering a luxury independent living experience

Autumn Reserve Independent Living in Farragut offers a luxury independent living experience within the locally owned Autumn Care Assisted Living communities. Opened in 2019, the community combines resort-style amenities with personalized support, allowing residents to age in place without having to move as their care needs change. Residents enjoy three chef-prepared meals daily, restaurant-style dining, activities, social outings, fitness and therapy services, and pet-friendly accommodations. Its convenient West Knoxville location provides easy access to shopping, parks, medical facilities, churches, restaurants, and the Tennessee Greenbelt. Autumn Reserve also emphasizes individualized care, with nursing assessments and personalized plans designed to address each resident’s needs. The community maintains a strong family atmosphere, supported by experienced staff and opportunities for meaningful social engagement. Currently full with a waitlist, Autumn Reserve offers tours seven days a week and a virtual tour for prospective residents and families.

Are you AWARE that Hearing loss is the #1 modifiable risk factor for dementia?  
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Research has found:

- Those with mild hearing loss were nearly twice as likely to develop dementia (1.89 times as likely)
- Those with moderate loss hearing loss were three times as likely to develop dementia
- Those with severe hearing loss were nearly five times as likely to develop dementia (4.94 times likely)

The Beltone logo, featuring the word "Beltone" in a stylized font with a globe icon to the left, and the tagline "Helping the world hear better" below it.

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Call today to schedule a FREE HEARING SCREENING

A photograph of an older man and a woman smiling and embracing each other. The man is wearing glasses and a blue shirt, and the woman is wearing a blue shirt.

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# At the YMCA active older adults find more than just a place to work out.

**They discover a thriving community built on wellness, connection, and fun.**

Our Senior Activities program offers something for everyone, from invigorating group exercise classes and scenic hiking groups to educational Lunch & Learns and lively monthly social events. Whether you’re looking to build strength through personal training, make new friends at our potlucks, or explore the outdoors with others who share your love of staying active, the Y provides countless ways to stay engaged in body, mind, and spirit.

Each program is designed to support your health and independence while keeping things enjoyable and social. Our welcoming atmosphere makes it easy to try new activities, share experiences, and be part of a community that celebrates every milestone together. At the YMCA, we believe age is just a number — it’s your energy, passion, and involvement that make the difference. Come see how our senior community is flourishing, and join a place where you can move, learn, laugh, and belong.



**Davis Family YMCA**  
Farragut | 865.777.9622  
12133 S Northshore Dr  
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