



THE MILEPOST

SUMMER FUN AT THE KAY CENTER



Kim Olen (top, left) with East TN Personal Care stopped by the Kay Center this July and provided our participants with a painting activity. What fun we had painting butterflies! Also in July, Lora Patterson (bottom, right) with Smoky Mountain Hospice cooled us off with an ice cream social. It was so much fun visiting with Lora!



FUN WITH THE PRESCHOOLERS



Some of the Preschool students recently stopped by the Kay Center. They helped play balloon volleyball and even shared a song!

ONGOING EVENTS

Support Group

Monday, September 21, 3 p.m.
Room 201-A

Sign Up for Kroger Community Rewards

Enroll your Kroger Plus Card online at Kroger.com/communityrewards. Choose the Kay Center as your organization to support. Once enrolled, all you have to do is shop at Kroger and swipe your Plus Card!

Food City Community Cash

Food City Gift Cards are available! Buy Food City Gift Cards from the Kay Center, you get the groceries you need, while Food City makes a donation to the Kay Center!

Mission Statement

The Kay Senior Care Center is dedicated to providing a safe and caring environment, which promotes independence, self-esteem, individuality, and dignity for impaired senior adults in the Knoxville community. We strive to enhance the quality of life for senior and their caregivers by supporting, strengthening, and giving a well-deserved respite to the entire family.

The Kay Center

CHURCH STREET UNITED METHODIST CHURCH

PO Box 1303 • 900 HENLEY AT MAIN
KNOXVILLE, TN 37901

COOKING CORNER

We love to cook up some delicious goodies at the Kay Center. This month's recipe a twist on the classic Rice Krispies Treats.

- 1 stick of butter
- 1 tsp vanilla
- 1 package mini marshmallows
- 3-4 cups Rice Krispies
- 1 cups butterscotch chips

In a microwave safe bowl, heat the stick of butter and package of marshmallows for 3 minutes, stirring after 2 minutes and stir until smooth. Add vanilla and Rice Krispies cereal. Fold butterscotch chips into mixture. Pour mixture into a greased 13 x 9 pan and press down until spread evenly. Let cool and cut into squares.

MARK YOUR CALENDARS

The 31st annual Aging: A Family Affair is being combined—this year only—with the 4th East Tennessee Accessibility Symposium, hosted by the City of Knoxville and the 3rd Tennessee for a Lifetime, hosted by the TN Commission on Aging & Disability to form the Tennessee for a Lifetime: Knoxville Livability Summit.

Date: Thursday, November 12.

Time: 8:00 a.m. to 3:30 p.m.

Location: Rothchild Conference Center, 8807 Kingston Pike

SPA DAY

Sandy and Wendy with Restoration of Heart Ministries stopped by to treat our participants and staff to a spa day. The kind touch of a friend brought smiles to all our participants and we all enjoyed some pampering!



Above: Betty, Wendy and Jeanette



Above, left: Everyone enjoying their special day!, Above, right: Peter is excited to get a massage



WISH LIST

We are in need of several items here at the Kay Center. Please consider donating any of the items below!

- Kleenex
- Birthday Gifts for Participants
- Foam Puzzles
- Watercolors
- Construction Paper
- Nutrigrain Fruit Bars