



Resource Guide

April 2026

www.STAYinTV.org

STAYinTV is a 501(c)3 organization

Disclaimer

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Emergency

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Aging Resource Center Helpline (ARCH)	Hotline for caregivers	(865) 374-4357
American Red Cross		(865) 584-2999
Crisis Center for Women, IVAS (Immediate Vital Assistance Services)		(865) 988-7867 (866) 239-0871
Loudon County Sheriff Non Emergency		(865) 458-9081
Monroe County Sheriff Non Emergency		(423) 442-4357
National Suicide Prevention Lifeline		(800) 273-8255
Poison Control		(800) 222-1222
Suicide – Hope Line		(800) 784-2433
Tennessee Mental Health Crisis Services Hotline		(800) 809-9957
Tennessee Road Conditions		5-1-1

In Case of an Emergency - *Important Information*

For **any** fire, vehicle accident, or medical emergency, **call 9-1-1** immediately. Do not attempt to call either the Fire Department or medical support personnel directly. This only delays the response.

It makes no difference whether you live in the Loudon County or the Monroe County portion of Tellico Village. The county of residence determines only who will respond. The service provided in either area will be essentially the same.

Notes:

Medications: To help responders in a medical emergency, create and maintain a list of the current medications taken by each member of your household. This list should include the name of the medication, the dosage and frequency it is being taken.

Lift Assists: When someone has fallen, is not injured, and only needs help getting up, call 9-1-1 and explain the situation to dispatch personnel. Medical personnel, but no ambulance, will be dispatched. However, it is better to err on the side of caution. If you are not sure why the person fell or whether the person is injured, request an ambulance. Transport can be refused if the situation does not warrant a hospital visit.

Non-Emergency Medical Transport: When someone needs medical transport for a “routine” procedure (there is no emergency situation), call 9-1-1 and explain the situation to dispatch personnel. An ambulance will be dispatched, but no other medical personnel. The key word here is “routine.” If you are unsure of the situation, it is better to err on the side of caution and tell Dispatch that it is an “emergency.” Local emergency medical personnel and an ambulance will both be dispatched.

Vehicle Accidents: In the case of a vehicle accident of any kind, call 9-1-1 and explain the situation to Dispatch personnel. They will determine the nature of the response. Fire and medical personnel as well as an ambulance will be dispatched only in cases of personal injury, people unable to exit one of the vehicles, or potential fire. If you are unsure about the extent of personal injury, it is better to err on the side of caution and request medical personnel and an ambulance. Treatment and transport can be refused.

Classes: A variety of classes are taught by members of the Tellico Village Volunteer Fire Department. See the website at www.tellicovillagefiredepartment.com for enrollment information.

Assisted Living

Lakewood Place & River Oaks Place

Location: 1125 Grove Street, Loudon, TN 37774
Phone: (865) 458-4123
Website: www.ssmgrp.com

Morning Pointe/The Lantern

Location: Morning Pointe, 198 Morning Pointe Drive, Lenoir City, TN, 37772
Phone: (865) 988-7373
Location: The Lantern at Morning Pointe, 155 Morning Pointe Drive, Lenoir City, TN 37772
Phone: (865) 271-9966
Website: www.morningpointe.com

The Neighborhood at Tellico Village

Location: 100 Chatuga Drive W., Loudon, TN 37774
Phone: (865) 408-0211
Website: www.theneighborhoodoftellico.com

Caregiving (Also see Support Groups)

Senior Services at Blount Memorial Hospital

Location: Morningview Village Senior Community
1095 E. Lamar Alexander Pkwy, Maryville, TN 37804
Phone: (865) 977-5744 : Senior Service Caregiver Helpline
Website: www.blountmemorial.org
Cost: Free. A community outreach component of the hospital for any adult caring for another adult nationwide.
Service: Caregiver Support Groups

Charities

Computer Outreach – Technology Access Program (TAP) – volunteer organization that refurbishes used computers and related equipment. The refurbished systems are given to families and non-profit organizations that need them but do not have the resources to purchase them. TAP works with the school systems in local and adjoining counties to provide computers to the children needing them. If you have any equipment to donate, please contact TAP at (865) 332-5313 or email at: TAP@TVCUC.ORG. The stores listed below accept donated items you no longer need. They return the money they make back into the community through donations to local organizations, by training and hiring local disabled workers, providing housing for qualified low income residents, and providing a hot meal and emergency shelter for those in crisis.

- Good Neighbors Shoppe, 420 Leeper Parkway, Lenoir City (865) 988-9925
- Good Samaritan Center, 119 North A Street, Lenoir City (865) 986-1777
- Good Shepherd Center, 5150 US-411, Madisonville (423) 420-8888
- Goodwill Industries, 758 Hwy 321 N, Lenoir City (865) 988-8507
- Habitat ReStore, 303 Simpson Rd. E, Lenoir City (865) 988-7427
- Habitat ReStore, 251 Warren St., Madisonville (423) 442-8886
- KARM Thrift Store, 731 Hwy. 321, Lenoir City (865) 521-0770
- Monroe County Friends of Animals Thrift Store
3949 Hwy. 411 Madisonville (423) 420-3423

Churches In and Near Tellico Village

Christ Our Savior Lutheran Church	(865) 458-9407	www.coslctn.org
Community Church at Tellico Village	(865) 458-1516	www.tellicochurch.com
First Baptist Church of Tellico Village	(865) 408-0110	www.fbctellicovillage.org
Shepherd of the Lake Lutheran Church	(865) 816-4756	www.shepherdofthelaketn.org
St. Joseph the Worker Catholic Church	(423) 442-7273	www.saintjosephtheworker.net
St. Thomas the Apostle Catholic Church	(865) 986-9885	www.sthomaslc.com
The Episcopal Church of the Resurrection	(865) 986-2390	www.episcopalloudon.com
Two Rivers Church	(865) 777-2121	www.tworiverschurch.org
Vonore Baptist Church	(423) 884-6230	www.vonorebaptistchurch.org
Vonore United Methodist Church	(423) 884-6214	www.vonoreumc.holston.org

Computer Education/Support/Repair

Computer Repair Services

Bill Markle (PCs, Macs)	(239) 565-2609	helpdeskbill@gmail.com
Judy Duckman (PCs)	(865) 556-4714(voice/no text)	1stncomputer@gmail.com

Cut the Cord Tech Services

Chris Skover	(865) 599-9251	clskover@gmail.com
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Social Media 4 Seniors (Education)

Contact:	Jennifer Dancu, M.Ed
Phone:	(865) 437-6556
Website:	www.socialmedia4seniors.net
Email:	jdancu@socialmedia4seniors.net
Service:	She offers iPad/Tablet and smartphone training, Skype and FaceTime training, as well as training on all the popular social media apps. She will come to you! Make your own schedule and go at your own pace! She will do group classes for 3-5 people. Topics: iPad beginners and advanced, Android smartphone/Tablet beginners, how to use Facebook, Pinterest/Instagram/Twitter.

Tellico Village Computer Users Club (TVCUC)

Location:	244 Lakeside Plaza, Loudon, TN 37774
Phone:	FLS: (865) 408-8223 or TAP: (865) 332-5313
Website:	www.tvcuc.org or on www.tellicolife.org
Cost:	\$20/year (household membership)
Services:	1) The TVCUC provides its members with a forum to enhance their practical understanding and ability to use personal computer systems and technology devices.

2) First Level Support (FLS) offers free technical support (for current TVCUC members) on all Windows or Mac technology devices. In addition to telephone and remote-control support, a team member may go to the member's house to assist, if both parties are comfortable doing so.

3) Technology Access Program (TAP) is a community outreach program of the TVCUC. TAP restores and gives away computer systems to underprivileged children and families in our surrounding community. If you are purchasing a new computer please consider donating your old one to TAP so it can be refurbished and repurposed.

Domestic Violence

Crisis Center for Women, IVAS (Immediate Vital Assistance Services)

Crisis Line: (865) 988-7867

Toll free: (866) 239-0871

Website: www.ccw-ivas.org

Phone: Business office: (865) 816-3481

Service: Immediate vital services for women and women with dependent children who are victims of domestic violence; includes Safe Haven Lodge, safety planning, court advocacy, goal setting, counseling, budget planning, job search.

Do Not Call Lists

Federal Do Not Call List (888) 382-1222

Tennessee Do Not Call List (877) 872-7030

Website: Federal (home, cell phones) – www.donotcall.gov

Tennessee (home, cell phones) – www.tn.gov/tra/article/csd-online-do-not-call-registration-form#

Service: Contacting these agencies puts your phone number(s) on the federal and state do not call lists.

Dry Cleaning Pick-Up and Delivery

Prestige Dry Cleaners

Location: They have 10 Cleaners locations and 4 Tuxedo locations in the surrounding area.

Day/Time: Free pickup and delivery in Tellico Village once a week

Phone: (865) 938-7701

Education

Tellico Village POA Parks & Recreation Departmental Health and Wellness Seminars

Location: Chota Recreation

Phone: (865) 458-6779

Cost: No charge. Call Recreation Center to register

Service: Seminars on various health related topics.

The Public Library at Tellico Village

Location: 300 Irene Lane, Loudon, TN 37774
Phone: (865) 458-5199 Website: tvlibrary.org

Estate/Moving Sales

Black Arrow Sales

Debbie Jones (865) 458-6407

Home2Home

Kay Wright (865) 809-2596 kkwright@charter.net

Premiere Consignment

Aaron Hunt (865) 458-9721 aaron@premiereconsignment.com

What It Takes Services

Colleen Fitch (865) 607-5356 WhatItTakesServices@gmail.com
Kari Lackey (865) 770-1810

Funeral and Cremation

Biereley-Hale Funeral Home/Cremations

Location: 4650 Hwy. 411, Madisonville, TN 37354
Phone: (423) 442-4404
Website: www.biereleyhale.com

Click Funeral Home & Cremations – Tellico Village Chapel

Location: 145 Chota Center, Tellico Village, Loudon, TN 37774
Phone: (865) 458-6767
Website: www.clickfuneralhome.com

McGill Click Funerals and Cremations

Location: 1366 Highway 72, Loudon, TN 37774 (865) 408-3001



Handyman Services/Home Maintenance

Loudon County's Habitat for Humanity Critical Repair Aging in Place Program

Phone: (865) 458-0704 (press 2, ext. 1)

Website: loudoncountyhabitat.org

Clients: Seniors

Service: This program makes critical home repairs that enable senior citizens to move around safely in their homes and continue to maintain their independence.

STAYinTV Home Maintenance Program

Location: Tellico Village

Day/Time: By appointment

Contact: Call phone number and leave a message. Your call will be returned within 24 hours.

Phone: (865) 458-7084, option #1

Cost: The client is responsible for the cost to purchase any required parts. There is a flat fee of \$5 if the volunteer needs to leave Tellico Village to purchase parts. There is no charge for service, but a form will be left with the client to provide feedback on the service call. The Feedback Form also provides an opportunity to make a donation to the STAYinTV organization to offset some of their administrative costs.

Clients: This program provides minor maintenance, safety repairs, and modifications for those who are unable to do the work themselves.

Service: Assistance is provided by an all-volunteer group of villagers who have a variety of maintenance skills to do minor jobs such as small electrical repairs, fix leaky faucet, repair/fix door locks, changing a light bulb or smoke alarm batteries in high ceilings, etc. They bring the willingness and knowledge to advise their clients on larger, more complex jobs.



Hearing

Appalachian Audiology

Location: 130 Mabry Hood Road, Suite 103, Knoxville, TN 37922
Phone: (865) 357-2334
Website: www.appalachianaudiology.com

Choice Audiology

Location: 938 Mulberry Street, Loudon, TN 37774
Contact: Dr. Rebekah Tripp
Phone: (865) 229-6230
Website: www.choiceaudiology.com

ClearCaptions

Phone: (866) 246-7850
Website: www.clearcaptions.com
Service: Free telephone if you have a hearing loss and have a home phone line and Internet. The phone displays the text of a conversation so the user can hear and read what the other party is saying.

Costco Hearing Center

Location: 10745 Kingston Pike, Farragut, TN 37934
Phone: (865) 218-7721
Website: www.costco.com

Home Health Care/Hospice

Amedisys

Home Health Care

Phone: (423) 744-8404

Hospice Services

Phone: (423) 351-0233

Website: www.amedisys.com

Caris Healthcare

Phone: (865) 988-8034
Website: www.carishealthcare.com

CenterWell Home Health

Phone: (865) 584-3133
Website: www.centerwellhomehealth.com

Covenant HomeCare, Hospice, and Palliative Care

Phone: (865) 374-0600
Website: www.covenanthomecareandhospice.com



NHC Home Care

Phone: (423) 745-4246

Website: www.NHCCare.com

Tennova Hospice

Phone: (865) 925-5500

Website: www.lhcgroup.com

UT

Home Health (LHC Group)

Phone: (865) 544-6200

Hospice Services

Phone: (865) 544-6222

Website: www.lhcgroup.com

Hospitals and Medical Centers

Blount Memorial Hospital

907 E. Lamar Alexander Parkway Maryville, TN 37804

(865) 983-7211

Fort Loudoun Medical Center

550 Fort Loudoun Medical Center Dr., Lenoir City, TN 37772

(865) 271-6000

Fort Sanders Regional Medical Center

1901 W. Clinch Ave. S.W. Knoxville, TN 37916

(865) 541-1111

Methodist Medical Center of Oak Ridge

990 Oak Ridge Turnpike Oak Ridge, TN 37830

(865) 835-1000

Parkwest Medical Center

9352 Parkwest Blvd. Knoxville, TN 37923

(865) 373-1000

Provision Center for PROTON Therapy

6450 Provision Cares Way Knoxville, TN 37909

(865) 862-1600

Sweetwater Hospital Association

304 Wright Street, Sweetwater, TN 37874

(865) 213-8200

Tennova Turkey Creek Medical Center

10820 Parkside Dr. Knoxville, TN 37934

(865) 218-7011

(865) 218-7090

Thompson Cancer Survival Center

1915 White Avenue Knoxville, TN 37916

(865) 541-1678

University of Tennessee Medical Center

1924 Alcoa Highway Knoxville, TN 37920

(865) 305-9000

Health Care Coordinator

(865) 305-6970



Legal Services

Elder Law of East Tennessee

Location: 903 N. Hall of Fame Drive, Knoxville, TN
P.O. Box 3804, Knoxville, TN 37927 (mailing)

Phone: (865) 951-2410

Website: www.elderlawetn.com

Service: Help older adults and their families find, get, and pay for quality care. Assist with Medicaid planning and accessing Veterans Benefits. Also Estate Planning, Asset Protection planning and Life Care planning.

Guyton & Frère, Elder Law Attorneys

Location: 1001 E. Broadway, Lenoir City, TN 37771

Phone: (865) 694-0373

Website: www.gfelderlaw.com

Service: Certified Elder Law attorneys. Their practice deals solely with elder law including such services as Durable Powers of Attorney, trusts, estate planning and probate, long-term care planning, health care decisions, Medicare, Medicaid and other public benefits.

Legal Assistance for the Elderly

Phone: (865) 691-2551 (X 4212); 691-2551 (X 4223)

Website: www.ethra.org Choose service from menu

Cost: The Legal and Ombudsman Program services are free to clients; donations are gladly accepted.

Clients: Available to clients over age 60

Service: Provide direct legal representation in various elder law areas such as Medicare, Medicaid, financial exploitation, limited consumer and estate planning, etc. Available to consult with families concerning long-term care issues and to provide public education presentations on elder law matters. Cindy Troyer serves as the District Long-Term Care Ombudsman. As District Ombudsman, she investigates complaints by or on behalf of residents in long-term care settings.



Loren E. Plemmons, Attorney

Location: 249 Village Square Drive, Tellico Village

Phone: (865) 408-0452

Email: loren.plemmons@tellicotitle.com

Service: Estate planning/documents including the preparation of revocable trusts, amendments to trust, last will and testament, financial power of attorney, health care power of attorney, consultation and representation regarding conservatorships, probate of wills, and administering trusts. Loren is willing to meet clients at their home if they are not able to travel to her office.

Library Services

The Public Library at Tellico Village

Location: 300 Irene Lane

Phone: (865) 458-5199

Website: www.tvlibrary.org

Home delivery:

- For permanently homebound and temporarily disabled residents
- To residents of local nursing homes and assisted living facilities

Vision Impaired Program: (Application required)

- Services include home delivery
- Free books on CD and loaner equipment through the state program
- Large print materials and special loan periods

Available to library card holders:

- Free e-book and audio downloads
- Magazines, local newspapers and Wall Street Journal and Value Line Investment Service
- Rental of books on CD and DVD movies
- Fiction, nonfiction, large print and most best-sellers
- Large collection of educational DVD's (e.g. biography, health/medicine, history, science, travel, Great Courses)
- Public access computers
- Scanning to email available for free
- Lend easy-to-use telescopes for free
- Lend literacy backpacks for children for free

Available to the public:

- Disposal of used eyeglasses and inkjet cartridges
- Voter registration by mail forms
- Federal and state income tax forms (seasonal)
- STAYinTV information
- Free wireless access 24/7
- A wide variety of classes, lectures, and presentations on a regular basis

Meals

Friendship Kitchen (865) 458-1516 (Community Church Office)

Meals on Wheels/Loudon County (865) 354- 0450

Meals on Wheels/Monroe County (423) 318-6935 or 6936



Medical Equipment

Archers Total Home Healthcare Service

Location: 408 Sweetwater-Vonore Rd., Sweetwater, TN 37874
Phone: (423) 337-5812: (800) 624-1834: Fax (423) 337-0453
Services: All home medical needs, i.e. oxygen, equipment, hospital beds, orthotic braces and supports, hard-to-find healthcare needs, etc.

Buckeye Home Medical Equipment

Location: 689 Medical Park Drive, Suite 202, Lenoir City, TN 37772
Phone: (865) 317-1511
Day/Time: M-F 8am-5pm
Website: www.whybuckeye.com
Cost: They accept most major insurances including Medicare, Medicaid, and commercial insurance.
Service: They can help determine which products are best for your needs. Staff members include respiratory therapists, certified therapeutic shoe and orthotic fitters, and trained prosthesis fitters.



Community Church at Tellico Village

Location: Community Church at Tellico Village

Phone: (865) 458-1516

Service: Medical equipment is available to TV residents at no charge on a loan basis. Medical equipment includes walkers (with and without wheels or seats), commode chairs, shower seats, transfer benches, crutches, wheel chairs, transport chairs, leg exercisers, pick up tongs, and tub safety rails. The equipment needs to be cleaned and returned to the church when it is no longer needed.

Note: If you have any equipment you don't need, give the church a call and see if they would like to add it to their inventory.

Lifeline

Location: Philips Lifeline, Framingham, MA

Phone: (800) 543-3546

Service: Lifeline is the personal help service that summons assistance for a medical emergency at the push of a button. The device can be worn as a necklace or bracelet. No contract required.

Mobility Matters

Phone: (865) 304-8989

Website: www.mobilitymattersTN.com

Email: info@mobilitymatterstn.com

Service: Mobility Matters repairs, rents and sells mobility equipment such as stair lifts, mobility scooters, power lift recliners (lift chairs), hospital beds, power wheelchairs, and vehicle lifts. Mobility products are delivered to your home through their white glove delivery service, which includes setup and instructions for use. They also provide in-home service for repairs on your existing equipment.

Project Lifesaver (PLS)

Location: Loudon County Sheriff's Office, 12680 Hwy. 11 W., Suite 1, Lenoir City, TN 37771

Phone: (865) 988-2300 or (865) 986-4823

Website: www.lcsotn.com

Service: Project Lifesaver provides bracelets for "*anyone who qualifies under the umbrella of dementia*" such as Alzheimer's, Autism and any others at risk of wandering. The bracelet is a tracking device that is issued at no cost to the recipient through the Loudon County Sheriff's Office.

Medicare

Citizens Insurance Solutions

Contact: Heather Majka

Phone: (865) 332-0031

Website: www.citizensinsurancesolutions.com

Email: heather@citins.com

Service: Heather is a Tellico Village resident. Her primary goal is to help residents determine if their coverage is appropriate. She represents all Medicare, health and life insurance options. Heather is a certified Social Security Claiming Strategist and AAA Certified Medicare Insurance Planner.



Senior Health Specialists

Location: 600 Gladstone Road, Lenoir City, TN 37771

Contact: Doug Collins

Phone: (865) 671-0890

Website: www.shspecialists.com

Email: dmcollins@shspecialists.com

Service: They are an independent insurance agency helping retirees with their Medicare options and identifying strategies for long-term care planning.



Moving Assistance

Caring Senior Move

Phone: (865) 219-3629

Website: www.CaringSeniorMove.com

Service: Provides assistance in sorting a lifetime of belongings in your current home to ensure a more organized, safer environment, or in preparation of a move to a smaller home, or to a retirement community. Will coordinate the entire move as well, along with providing packing, unpacking and settling-in services.

Nextdoor Tellico Village

Nextdoor.com is a free social network that can be used to communicate with your Tellico Village neighbors. It can be used for sharing information such as safety notices; finding out about qualified/non qualified vendors for various services; advertising items for sale/wanted; notification about lost or found pets; posting events such as garage sales, village social functions, and new businesses in the area.

To sign up, go to www.nextdoor.com. You will need to enter your address to verify that you live in the village. Follow the directions to set up an account. You can select the type and number of emails you receive. For further assistance, call one of the following:

Pat Ezell

Lynne Pecze

Office on Aging

Blount County Community Action Agency Office on Aging (865) 983-8411

Knox County Office on Aging (865) 524-2786

Loudon County Office on Aging

Location: 901 Main St., Loudon, TN 37774

Day/Time: 8:30 a.m. – 4 p.m.

Phone: (865) 458-5445

Website: www.loudoncountyseniorcenter.com

Cost: Donations

Clients: All Loudon County seniors 60+

Service: See entries under Social Activities, Housekeeping, Tax Preparation, and Transportation headings

Note: Other services include:

SNAP applications

Assistance with Medicare, Part D, Medicaid, Supplement and Advantage plans

Transportation services

Legal aid



Monroe County Office on Aging

Location: 144 College St. South, Madisonville, TN 37354

Phone: (423) 442-2022

Website: www.monroetwp.com

Service: The Monroe County Office on Aging provides information and assistance for adults 60+ and those who care for them. By contacting your local agency, you get access to critical information including: available services in the Monroe County area; mobility assistance programs; meal plans and housing; assistance in gaining access to services; individual counseling, support groups and caregiver training; information on respite care; supplemental services on a limited basis.

Personal Care

Care Around the Block (CAB)

Phone: (865) 444-6787

Website: www.carearoundtheblock.com

Home Instead Senior Care

Phone: (865) 273-2178

Website: www.homeinstead.com

Mae's Senior Home Care LLC

Phone: (865) 221-8300

Website: maeseniorhc.com

Right at Home East TN Foothills

Phone: (865) 351-4437

Website: www.RAHEastTN.com

Senior Citizens Home Assistance Services (SCHAS)

Phone: (865) 986-8000

Website: www.schas.org

Senior Helpers

Phone: (865) 293-5900

Website: www.seniorhelpers.com

Seniors Helping Seniors

Phone: (865) 806-8743

Contact: Ray Bales

Website: www.seniorshelpingseniors.com



Pet Grooming (Mobile)

Canine Pet Cruiser

Elite Mobile Pet Grooming

Master Cuts Mobile Pet Grooming

Cathy Manning

Dian Burch

Zach Watkins

(423) 315-4207

(865) 567-1620

(865) 680-3015 text only

Pets- End of Life Care

Lap of Love

Phone: (865) 309-5665

Website: www.lapoflove.com

Cost: Call or check website for pricing.

Service: They offer end-of-life care for pets. This includes veterinary in-home euthanasia and hospice services.

Pharmacy/Delivery

Costco Pharmacy

Location: 10745 Kingston Pike, Farragut, TN 37934

Phone: (865) 218-7700 + press 4 for Pharmacy

Website: www.costco.com

Preferred Pharmacy

Location: 101 Cheeayo Way, Ste A&B, Loudon, TN 37774

Phone: (865) 458-1113

Website: <https://www.preferredpharmacyloudon.com>

Cost: Free delivery of prescriptions, boutique and over the counter items available to all Village residents.

Service: They offer medication consultations, bubble packaging to help keep track of what to take and when, and immunizations. You would need to call by 2 p.m.

Rocky Top Pharmacy of Loudon

Location: 702 Grove Street, Loudon, TN

Phone: (865) 657-3500

Cost: Free delivery-they will allow STAYinTV volunteers to pick up prescriptions.

Service: They are a compounding pharmacy.



Rx-Perts Pharmacy

Location: 2350 Highway 72 North, Loudon, TN 37774
Phone: (865) 458-1102
Cost: Free delivery
Services: They are a compounding pharmacy

Vonore Drug Family Wellness Center

Location: 1121 Hwy. 411, Vonore, TN 37885
Phone: (423) 884-6274
Website: www.vonoredrugs.com
Cost: Free delivery to town of Vonore, and Kahite

Primary Care (in home)

In Good Health

Phone: (423) 867-4969
Contact: Rebecca Henderson
Email: rhend9827@gmail.com
Service: Rebecca is a geriatric Nurse Practitioner who sees patients in their home. She has access to a mobile lab and an ex-ray company that will also make house calls.



Senior Care Partners of East Tennessee

Location: 155 Grand Vista, Vonore, TN 37885, also in Maryville and Knoxville

Phone: (865) 980-5200 (This number is used for all locations)

Website: seniorcarepartnerstn.com

Clients: They specialize in geriatric care for ambulatory seniors (55+) and provide primary care (including lab work) by appointment in one of their clinics, in some independent and assisted living communities or in-home. Their geriatric specialties include falls, dementia, incontinence, ostomy, foot and wound care.

Resources

STAYinTV Planning for Lifestyle Changes – A Roadmap

The document, *Planning for Lifestyle Changes - A Roadmap*, has been developed by and for Tellico Village residents to enable them to collect, create, organize, and use financial, health, legal, and other personal information and decisions. The collection of information will be valuable for their own use or the use by another person acting on their behalf in the event of a change in life circumstances. The Roadmap is available on the website at www.stayintv.org for personal adaptation and use.

Respite and Adult Day Services

CADES – Concord Adult Day Enrichment Services

Location: 11020 Roane Drive, Knoxville (Farragut)

Day/Time: M–F, 8:30 a.m. – 4:30 p.m.

Phone: (865) 675-2835

Website: ConcordUnited.org/CADES

Email: CADES@ConcordUnited.org

Cost: Please call for info.

Clients: Enrollment is open to the community-at-large regardless of religious affiliation, race or gender.

Service: A daytime program of services/activities to stimulate social, physical, and cognitive functioning in a caring and structured environment for adults whose needs prevent them from staying home alone. They aim to maintain or improve each individual's current level of functioning for as long as possible as well as enabling the caregiver to be more effective in caring for their loved ones by providing support, respite, and education.

Our Place Adult Day Services

Location: 103 Cheeyo Way, Loudon, TN 37774

Day/Time: Monday-Friday, 8:30am-4:30pm

Phone: (865) 657-7222

Website: ourplacetn.org

Cost: Call for information

Clients: Serves residents of Loudon & Monroe Counties as well as surrounding communities who have been diagnosed with mild to moderate Alzheimer's or other forms of dementia. Each day participants will be offered a different program of activities suited to their abilities. These activities are designed to promote socialization and stimulation and may include music, exercise, crafts, games, pet therapy, reminiscence therapy, and more.

STAYinTV Respite Care for Caregivers Program

Phone: (865) 458-7084 #4
Cost: \$20 Registration Fee
Client: A caregiver who needs a break from giving care 24/7
Service: Up to 4 hours, about 4x a month, 4 the caregiver, 4 free. The volunteer will stay in your home allowing the caregiver to have a break.

The Neighborhood at Tellico Village

Location: 100 Chatuga Drive W., Loudon, TN 37774
Day/Time: Respite day care available M–F
Phone: (865) 408-0211
Website: www.theneighborhoodoftellico.com

Safety

C.O.P. Program (Citizens Observer Patrol)

Location: Tellico Village
Phone: (256) 541-3906
Cost: No charge
Clients: Loudon County Tellico Village Residents
Service: The C.O.P. Program is a cooperative effort between volunteers concerned about the welfare and well being of citizens and their community and the Loudon County Sheriff's Office, working together to improve the quality of life in the community. The purpose of the C.O.P. Program is to reduce the opportunity of citizens in the community falling victim to crime. The program provides, but not necessarily limited to: Crime Prevention, Property Checks, Referral to Needed Resources, Home Security Surveys and more. If you are away from your home for an extended period of time, you may request "House Checks" by filling out a "House Check Request Form" that is available at the Tellico Village Welcome Center and returning it in the House Box located there as well.

Skilled Care/Rehab/Nursing Home

NHC Place Farragut

Location: 122 Cavette Hill Lane, Farragut, TN 37934
Phone: (865) 777-9000
Website: www.nhccare.com

Wood Village

Location: 520 Old Hwy. 68, Sweetwater, TN 37874
Phone: (423) 351-1050
Website: www.woodvillagetn.com

Social Activities

Baby Boomers Singles Group

Website: www.tvsinglebabyboomers.com
Email: tvbabyboomers@gmail.com
Clients: Singles born between 1946 and 1964
Service: For information on meetings and activities, please check the website

Loudon County Senior Center – Activities

Location: 901 Main St., Loudon, TN 37774
Day/Time: 8:30 a.m. – 4 p.m.



Phone: (865) 458-5445
Website: www.loudoncountyseniorcenter.com
Cost: Varies with activities, (trips, lunches, some exercise and some classes have cost)
Clients: All Loudon County seniors 60+
Service: Day trips, exercise classes, cards and games, billiards, educational programs/classes

Monroe County Senior Citizens and Friends, Inc. - Cora Veal Senior Center

Location: 144 College St. South – Madisonville, TN 37354
Phone: (423) 442-2022
Website: www.monroetwp.com
Service: The Senior Center provides recreational activities, exercise, health programs, rentals, community events, trips, and outside programs such as Weight Watchers.. Nutritional lunches are served weekdays to promote the physical, mental, nutritional, and social health of seniors 60+.

Solos

Location: Regular meetings at Tellico Village Yacht Club
Day/Time: Monthly meeting, 3rd Wednesday-Except December, gathering at 5:00 p.m. meeting at 5:30 p.m. followed by dinner
Weekly social, Tuesday (5 p.m.) Drinks (6 p.m.) Dinner
Website: www.tvsolos.com
Email: tvsoloclub@gmail.com
Clients: Any person who is legally single and living a single lifestyle is eligible.
Service: Their objective is to promote a spirit of friendship and helpfulness and to provide opportunities for social interaction among the members through an array of events.



Stephen Ministry

Location: Several Tellico Village churches as well as the surrounding area
Day/Time: Available anytime needed
Contact: Central Methodist Church Office (865) 986-7329
Community Church at Tellico Village Office (865) 458-1516
Christ Our Savior Lutheran Church Office (865) 458-9407
St. Thomas the Apostle Catholic Church Office (865) 986-9885
Two Rivers Church Office (865) 771-2121
Service: Trained lay people who will provide confidential, one-to-one Christian care at no charge to individuals in their congregation and community who are experiencing difficulties in their lives. They will listen, care, pray, support, and encourage those individuals.

Support Services

Checking on our Neighbors

STAYinTV Care Calls Program

The Care Calls volunteers reach out to Tellico Village residents who live alone and might appreciate getting a call on a regular basis to be sure they are okay.

Phone: (865) 458-7084. Select option #5 and leave a message that you are interested in the Care Calls Program either as a caller or a recipient of calls.

Someone will return your call and explain the program.

Cost: No charge

Service: The time, method (call, text, email) and frequency of contact will be worked out between the caller and recipient of the calls.

Support Groups

Alcoholics Anonymous

Location: Community Church at Tellico Village, 130 Chota Center

Day/Time: Monday, 7 p.m. in lower level of Christian Life Center (CLC)

Contact: Community Church at Tellico Village

Phone: (865) 458-1516

For more information on meeting schedule in other locations, go to www.etiaa.org



Cancer: East Tennessee Proton Guys

- Location: Concord United Methodist Church, 11020 Roane Drive, Knoxville, TN 37943 (very near Costco and Turkey Creek).
- Day/Time: They meet every Wednesday at the Provision Center for Proton Therapy on Dowell Springs Road in Knoxville at 11:30 for lunch and fellowship with physicians, patients being treated and survivors who have beaten cancer.
- Contact: Peter Krawslawsky (865) 964-5558
Vince Sica (865) 253-1756
- Website: www.etnprotonguys.com
- Clients: An opportunity for men and women diagnosed with cancer to have direct contact with hundreds of individuals who have been treated with Proton Therapy.

Caregiver's Support Group (Includes Alzheimer's Caregivers)

- Cost: No charge
- Service: Support Group for people serving as caregivers. Meetings will include sharing of challenges, ways of coping, and available resources. If sitter is needed, call the leader.
- Location: Community Church at Tellico Village, 130 Chota Center
- Day/Time: 2nd & 4th Tuesday of the month, 1:00 p.m. – 2:30 p.m. Room 2A of lower level of Christian Life Center (CLC)
- Contact: Lynne MacConnell (865) 657-9988 lynneandlen443@gmail.com



GriefShare

Location: The venue changes. Call one of the contacts for the schedule and location.
Day/Time: To be determined
Contact: Community Church at Tellico Village (865) 458-1516
Christ Our Savior Lutheran Church (865) 458-9407
Cost: \$20 for workbook and supplies
Clients: Open to anyone who has lost a loved one to death.
Service: GriefShare is a biblically based grief recovery support system. It has a three pronged approach to the grieving process:

- A DVD on what to expect while grieving and what to do to heal,
- A discussion/sharing time, and
- A workbook with daily exercise.

There are 13 sessions (about 2 hours in length) that meet weekly.

Men's Caregivers Support Group

Location: Christ Our Savior Lutheran Church, 260 Wade Road, Loudon, TN 37774
Day/Time: 3rd Wednesday of each month, 1 p.m. - 3 p.m.
Phone: (865) 657-7222 (Our Place)
Cost: No charge
Clients: Caregivers and care partners of adults who have been diagnosed with mild to moderate Alzheimer's/dementia or other dementia-related diseases.
Service: Support through respite, education and resources that are tailored to men who are caring for their spouses.

Multiple Sclerosis

Note: This is not a support group, but if you need assistance regarding MS please contact:
Contact: Vicky St. John (513) 477-0453
stjohnvicky@gmail.com

Our Place Caregivers Support Group

Location: The Public Library at Tellico Village, 300 Irene Lane, Loudon, TN 37774
Day;Time: 2nd Friday of each month, 9 a.m. – 11 a.m.
Phone: (865) 657-7222 (Our Place)
Cost: No charge
Clients: Caregivers and care partners of adults who have been diagnosed with mild to moderate Alzheimer's/dementia or other dementia-related diseases.
Service: Support for caregivers and care partners through respite, education and resources.

Parkinson's

Location: Community Church at Tellico Village, 130 Chota Center
Contact: Community Church Office (865) 458-1516
Day & Time: 1st Thursday of the month, 1:00 p.m., lower level of Christian Life Center
Service: Support group for people with Parkinson's; spouses and caregivers are encouraged to attend.



Reflex Sympathetic Dystrophy

Contact: Suzy Holcomb
Phone: (865) 657-9052
Email: AuntSuzyMouse@hotmail.com
Cost: No charge
Service: Come join this educational discussion that offers a wealth of information to share with your doctor. This is a positive-based support group designed to chase those blues away. Feel free to invite family and friends to this meeting so they may understand how RSD/CRPS afflicts the human body and mind. Call Suzy for further information.

Tellico Lake Diabetes Support Group

Location: Chota Recreation Center, 145 Awohili Drive, Loudon, TN 37774
Date & Time 3rd Wednesday of each month at 11:00 a.m.
Contact: Laney Allbee
Phone: (909)-239-1577
Email: callbee1@verizon.net
Clients: Type 1 and 2 diabetics, ore diabetics and family members
Services: Monthly meetings offer support and enhance self care

Tax Preparation

Loudon County Senior Center

AARP volunteers offer free assistance to seniors who need help preparing their taxes. Contact the Senior Center at (865) 458-5445 for more information.

Volunteer Income Tax Assistance (VITA)

Location:: Lenoir City Hall, 530 Highway 321 N., Lenoir City, TN 37771
Day/Time: Saturday and Monday 8 a.m. - noon during tax season through April 15, no appointment necessary
Phone: (865) 660-6858
Client: Generally anyone making under \$64,000, those with disabilities, seniors or limited English speaking taxpayers
Service: Prepare and file tax returns electronically. For a list of what documents VITA can prepare and a list of required documents go to: www.irs.gov/pub/irs-pdf/p3676bsp.pdf

Therapy

BenchMark Physical Therapy

Location 226 Village Square Dr., Loudon, TN 37774
Phone: (865) 657-6415
Website: www.BenchMarkPT.com



Select Physical Therapy

Location: 101 Cherokee Place, Suite 107, Loudon, TN 37774

Phone: (865) 408-9344

Website: www.selectphysicaltherapy.com

Summit Medical Group Physical Therapy

Location: 202 Dohi Drive, Loudon, TN 37774

Phone: (865) 470-2696

Website: <https://www.summitmedical.com/locations/summit-physical-therapy-tellico>

Transportation

ETHRA

Day/Time: Available M–F, 7 a.m. – 5 p.m.

Phone: (800) 232-1565

Website: www.ethra.org

Cost: \$3 one way in the county \$3 for each county line crossed
\$1 for extra stops up to 15 minutes \$1.50 each way for children under age 6
One escort may ride free of charge.

Service: Available for appointments, trips to the airport, and group trips

Loudon County Office on Aging/Senior Center – Transportation Program

Location: 901 Main Street, Loudon, TN 37774

Day/Time: 8:30 a.m. – 4 p.m.

Phone: (865) 458-5445

Cost: \$2.00 local visits; \$3.00 Knoxville visits

Clients: Loudon County residents

Service: Transportation to doctor appointments, grocery shopping, social service agencies, and activities at the Senior Center. Call Center for schedule.

Monday and Tuesday: MD appointments

Wednesday: Shopping at Walmart, Lenoir City

Thursday: Meal service at Senior Center

Friday: Scheduled Senior Center day trips



STAYinTV Rides Program

Rides provided for Tellico Village residents who are unable to drive or are uncomfortable driving to their destination.

- Phone: (865) 458-7084 – Select option #2 and leave a message.
- Costs: Clients must pre-register (\$10 fee) and pay in advance for rides. Individual ride charges are based on distance to destination. (Fees charged to cover insurance premiums and other program costs.)
- Service: Program Description: Volunteers drive their own cars and provide rides for Village residents to any destination in the Knoxville area. Clients must be unable to drive (may be a temporary condition) but must be able to walk independently (may use a cane or walker). Rides should be requested a week or more in advance of the need.

TLC Transportation (Tellico Luxury Coaches)

- Location: Tellico Village
- Day/Time: By appointment (24/7 for fellow Villagers)
- Contact: D.D. (Trips) Dawson
- Phone: (865) 934-8521
- Website: www.tennesseeluxurycoaches.com
- Cost: Varies depending on destination, number of people, length of time and type of vehicle needed. They have a membership program, EZPASS Club, that offers a discount to the member and a companion. TLC specializes in creating memorable excursions that explore the best East TN has to offer (Pub Crawls, Wine Tours, UT Sporting Events, Dinner & Theater adventures, etc.). Contact them for pricing and EZPASS Club membership information.
- Clients: Individuals, couples/families, clubs, or groups (up to 88 passengers)
- Service: TLC Transportation is a ground transportation service for Villagers chauffeured by Villagers. They provide luxury automobile, van and bus service to the greater Knoxville and Chattanooga areas and all destinations in-between.

Transportation/Emergency

AirMedCare Network

- Contact: Daniel Willis
Membership Sales Manager
- Phone: (865) 343-1329
- Email: Daniel.willis@airmedcarenetwork.com
- Service: Their alliance of affiliated air ambulance helicopters and airplanes provides medical transport, dramatically reducing travel time to an emergency treatment facility. No out of pocket expenses in connection with your flight when flown by AMCN providers. There are over 320 locations throughout 38 states. Highly skilled nurses, paramedics and pilots are ready 24 hours a day.



Veterans' Benefits

Loudon County Veterans Service Office

Location: 100 W. Broadway, Suite 141, Lenoir City, TN 37771 (Roane State Bldg.)

Phone: (865) 816-3987

Service: A free service to assist Veterans and eligible family members.



Monroe County Veteran's Service Office

Location: 403 Tellico Street, Madisonville, TN 37354

Phone: (423) 442-5812

Website: www.monroetn.com/monroe-county-veterans-services-office-3/

Service: A free service to assist Veterans and eligible family members in identifying and applying for all benefits for which they qualify.

Vision

Costco Vision Services

Location: 10745 Kingston Pike, Farragut, TN 37934

Contact: (865) 218-7714

Website: www.costco.com

Clients: Lenses and frames available to Costco members only

Wound Care

Limb Preservation Center of East Tennessee

Location: 460 Medical Park Drive, Ste 108B, Lenoir City, TN 37772

Phone: (865) 770-5426

Website: LPCETN.com

Clients: Adults and children

Service: They offer comprehensive evaluation and treatment for a variety of chronic wounds. From non-healing surgical wounds to diabetic ulcers, their primary objective is to heal patients through a tailored treatment plan specific to their needs. Treatments, including hyperbaric oxygen therapy and wound debridement, help patients achieve optimal healing time and results. They prioritize the patient's quality of life throughout the recovery process, providing support beyond clinic visits. They collaborate with local vascular surgeons, podiatrists, and primary care physicians to ensure they are treating each patient as a whole.



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