



AgeWell
MIDDLE TENNESSEE



NEWSLETTER

monthly news



Dear Friends,

Although the news we hear daily often seems depressing, there IS good news and good work happening. There's also the beauty of spring that reminds us of new life and growth following the chill of winter. Let's embrace the new season and look for the good around us!

One of the good things we're celebrating is the elevation of the TN Commission on Aging & Disability (TCAD) to cabinet level. Thanks to collective advocacy we led alongside fellow members of the TN Coalition for Better Aging, Gov. Lee and state leaders advanced legislation to elevate TCAD to the Dept. of Intellectual and Developmental Disabilities, creating a Dept. of Disability and Aging. This is a very positive step to prioritize aging at the state level, strengthen aging & disability advocacy and promote strategic collaboration and creation of a Multisector Plan for Aging in Tennessee.

We're also excited to celebrate May as Older Americans Month. This year's theme is **Powered by Connection**, recognizing the profound impact of meaningful relationships and social connections on our health and well-being. We'll be announcing our 2024 Sage Award honorees, hosting a drive-through shred event, preparing to launch a new financial empowerment collaborative and connecting older adults and family caregivers with the support and community resources they need. Thanks for supporting our mission, and let's continue to celebrate the good and be champions for aging well.

With a grateful heart,

Grace S. Smith



Directory of Services

Spring has sprung and now it's time to spring into action and reserve your ad sponsorship in the 2025-2026 *Directory of Services*. AgeWell plans to print 30k copies of this trusted guidebook. Just think how many older adults, caregivers, and professionals you will touch and help provide this community benefit. We already have some great ad sponsors that have committed and can't wait to share more about them with you soon!

If you know your business would like ad space, please return your commitment form. We need all forms, ads and a 50% down payment by 11/1. Get started today, just click on the button below! ↓

Please reach out to Tiffany at tcloud-mann@agewelltn.org with any questions.

[2025-2026 Directory of Services Ad Information](#)

Join Us in the Community

**Coffee & Conversation:
Navigating Eldercare: Key Issues & Helpful Resources**

Friday, May 3, 2024 • 10 a.m.

Join Us in person or via Zoom

Franklin First UMC (Room A-214) • 120 Aldersgate Way Franklin, TN 37069

[Please Register Here](#)

Bordeaux Resource Fair

Friday, May 10, 2024 • 9 a.m. - 12:30 p.m.

Hartman Park Community Center • 2801 Tucker Rd. Nashville, TN 37218

Resource Fair Flyer

Shred Event & Medication Drop-Off

Saturday, May 11, 2024 • 9:00 a.m. - 12:00 p.m.

FiftyForward Donelson Station

108 Donelson Pk. • Nashville, TN 37214

Every year an estimated 5 million, or 1 in 10 older Americans, experience elder abuse, neglect, or exploitation.

We want to help adults 50+ prevent financial exploitation by safely disposing of personal documents with identifying information. A prescription medication drop box will also be available to anyone wanting to dispose of any unused/expired medication safely.

**Please join us for a FREE shred event hosted by
Middle Tennessee Elder Watch Committee**

Shred Event Flyer



Do you know a caregiver providing eldercare? Caregiving can be overwhelming and difficult to navigate. Visit eldercarecoach.org today to schedule a phone consultation.

Employers and faith communities, would you like to provide your employees and members with education on navigating eldercare? Reach out to Eldercare Coach today

to plan an educational session.

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GIVE TODAY

Every gift helps us continue our work for older adults.



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AgeWell Middle Tennessee
PO Box 158309
Nashville, TN | 37215 US
(615) 353-4235 | www.agewelltn.org

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