



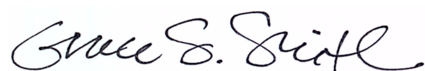
Dear Friends,

Being together with family over the holidays gives us the chance to have important conversations about what we want as we grow older and where to find important documents like advance directives. If you're visiting aging loved ones, it's also a chance to notice changes and plan for the future. If you find yourself amid such discussions, please remember the trusted resource guides and caregiver support that AgeWell offers.

Our *Directory of Services* for Middle Tennessee, caregiver guidebooks, scam prevention tips and Roobrik care navigation tool are available on our website <https://agewelltn.org>. If you're a caregiver and could benefit from a thirty-minute, confidential phone consultation with a geriatric care professional to determine your best care options, you can find help through our Eldercare Coach program at www.eldercarecoach.org/caregivers.

On behalf of AgeWell's board and staff, we wish you happy and healthy holidays. Please remember us in your year-end giving, and **thank you** for your support that makes our work possible!

With a grateful heart,



Call for 2024 Sage Awards Nominations

Do you know a Middle Tennessee older adult or couple who should be honored for his or her community service? What about an organization that is making a significant and positive impact on the lives of older adults in Middle Tennessee? If so, please consider nominating them for a Sage Award!

Nominations must be submitted by Wednesday, January 31, 2024. For more information, please contact the AgeWell office at 615-353-4235 or email info@agewelltn.org.

Award recipients will be honored at the Sage Awards Luncheon in the fall of 2024. Recipients are required to be present.

Nominate an
Individual/Couple

Nominate an
Organization



During this season of thanks, we are so grateful for your encouragement and loyal support of our mission. Not a day goes by that we aren't reminded that YOUR support makes our work possible!

We're asking for your help to maximize a year-end match challenge: **ALL GIFTS UP TO \$15,000 RECEIVED BY 12-31-2023 WILL BE MATCHED BY A GENEROUS ANONYMOUS DONOR!!**

Will you please make a year-end donation to help us receive the \$15,000 match?

Your generous support can bring someone strength and hope this season and year-round.

Your gift makes a huge impact and for that, we are truly grateful and thank you!

Make an End of Year Gift



Directory of Services

As we enter 2024, make plans to have your business highlighted in the next edition of the 2025-2026 *Directory of Services*.

AgeWell prides itself on being a trusted and impartial resource for older adults and caregivers living in Middle TN. Even if you already see your company's name in the Directory, **STAND OUT WITH AN AD!**

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

2025-2026 Directory of Services Ad Information



Over the holidays, spending time with aging loved ones may provide more insight into their day-to-day needs. Communication is key to a positive caregiving journey, so consider having a casual conversation with your loved one, setting the stage for future discussions. You could say, "Hey, Mom have you noticed you are having trouble with things you have never had trouble with before" or "Dad, I want to be sure I understand what you want for your future". These conversations may be a bit uncomfortable,

however, opening the lines of communication will have such a positive impact for everyone.

Caregivers can learn more and sign up for a 30-minute Eldercare Coach phone consultation at eldercarecoach.org or by calling our Helpline at (615) 353-4235.

Employer Tip: Your employees may have spent more time over the holidays with their aging loved ones and may return to work with new caregiving duties. As we know, 1 in 5 employees are also caregivers, so reach out to AgeWell's Eldercare Coach program today to learn more about how you can support your caregiving employees well and ensure you are creating a caregiver-friendly work environment. Employers, reach out [here](#) to find out how to support your caregiving employees during the holidays.



Please note that starting Thursday, December 21, 2023, the AgeWell office will be closed for an extended holiday reopening on Thursday, January 4, 2024.

If you need assistance during our time away, please feel free to reach out to the following organizations:

- Area Agency on Aging & Disability: 615-255-1010
- Eldercare Locator: 800-677-1116
- United Way: 2-1-1
- Adult Protective Services: 615-532-3492

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