



AgeWell
MIDDLE TENNESSEE



February is American Heart Awareness Month, a time for all to focus on their heart health, which has never been more important.

- Heart disease is the leading cause of death in the United States.
- Prioritizing your heart can help you avoid severe illness.
- Self-care is heart health care.
- Get to know your heart.

For more information about heart health, please visit the America Heart Association's website at heart.org.

Community Events - Join Us!

Black History Month Event

hosted by

TSU College of Public Service &

TSU Center on Aging Research & Education Services

Cultivating Change: Creating a Supporting Environment for Aging Black Nashvillians

TSU Health Science Building, Auditorium
Tuesday, February 27 • 5 p.m. (CST)

For more information and to register click [here](#)

Snack & Learn Scam Presentations

CenterWell Hermitage • February 29, 11:30 a.m

RSVP by emailing scams@agewelltn.org.

For more information, please click the link above.



Directory of Services

FUN FACT: The *Directory of Services* started 50 years ago in 1974 by Fisk University graduate students in the gerontology department.

The 2025-26 edition will be the 23rd edition. Don't you want to be a part of this trusted

comprehensive resource? Check out ad sponsorship information by clicking on the button below! ↓

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

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

Medicare Double-Deadline - March 31st

Medicare Advantage Plan: You can change to a different Medicare Advantage Plan or switch to Original Medicare (and join a separate Medicare drug plan) **once** during this time. Any changes you make will be effective the first day of the month after the plan gets your request.

General Enrollment Period: You can sign up between January 1-March 31 each year. This is called the General Enrollment Period. Your coverage starts the month after you sign up. You might pay a monthly late enrollment penalty if you don't qualify for a Special Enrollment Period. For more information, please visit [medicare.gov](https://www.medicare.gov).



In honor of LOVE month, it's important to think about how you are loving yourself as a caregiver. Taking care of your mind, body, and spirit is the most important thing you can do on your caregiving journey, both for yourself and the person you are caring for.

Eldercare Coach, powered by AgeWell, provides coaching sessions to not only discuss resources and education but to also provide support to the caregiver. Having someone to listen and provide validation can help a lot. 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.

If you are an employer, Eldercare Coach is a great way to show your caregiving employees love - reach out today to learn more.




Medicare 101 Informational Video is now available in Spanish. To view, please visit, [youtube.com/watch?v=4Z8-2NdsI80](https://www.youtube.com/watch?v=4Z8-2NdsI80).

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Every gift helps us continue our work for older adults.  Make a gift at agewelltn.org



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