



AgeWell
MIDDLE TENNESSEE



Dear Friends,

Turning the calendar to a new year allows us to look back, reflect and move forward with renewed intention.

As our AgeWell team looks back at 2023, we are grateful for partnerships with other organizations like the YMCA, Nashville Public Television and faith communities that allowed us to expand scam prevention education across the region. We distributed over twenty thousand copies of our *Directory of Services*, with so much demand that we needed to print more! We also launched a new Eldercare Coach website and increased the number of family caregivers receiving Helpline and phone consultation support. Lastly, we had our most successful Sage Awards luncheon and fundraiser to date!

Looking forward, our priorities for this year are:

- Updating the *Directory of Services* for our next edition and lining up sponsors
- Continued outreach, advocacy & leadership of the TN Coalition for Better Aging (TCBA)
- Expanding Eldercare Coach and our partnerships with employers to support working caregivers
- Working with United Way and agency partners to launch a financial empowerment collaborative

We're excited about the new year and always grateful for you - our partners, volunteers and supporters. Together, we are embracing aging and enhancing our communities to ensure we can live & age well!

Grace S. Smith

2023 Impact Snapshot



1,098 attended
scam prevention
workshops



22K copies of the
Directory of Services
distributed



426 Helpline
callers received
assistance



Call for 2024 Sage Awards Nominations

☐ **Only 6 Days till Deadline** ☐

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 on Monday, October 21, 2024. Recipients are required to be present.

Nominate an
Individual/Couple

Nominate an
Organization

a great big THANK YOU!

Please help AgeWell thank two amazing board members whose terms have ended. Ed Cole and Charlotte McAnally both joined the board in 2015, serving nine years. We are incredibly grateful for their guidance and leadership in helping shape the future of AgeWell!



Ed Cole, Grace Sutherland Smith, Nancy Conway and Charlotte McAnally
(Pictured Left to Right)



JOIN OUR TEAM! We are seeking a Program Manager interested in helping older adults by launching a new financial empowerment collaborative.

Complete job description available at: <https://bit.ly/47wcMvX>.

Community Events - Join Us!

North Nashville Senior Appreciation Day

January 26, 10:30 a.m. - 1:30 p.m. • Nashville Public Library - Bordeaux Branch

For more information, please click the link above.

Snack & Learn Scam Presentations

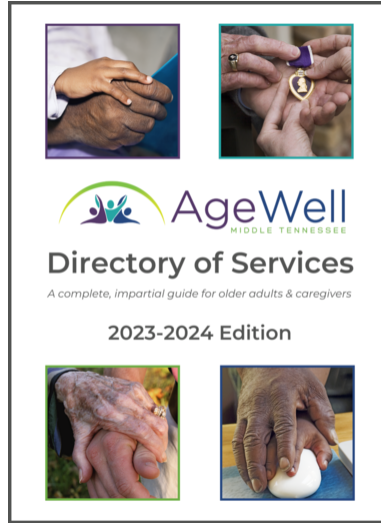
CenterWell Nashville • January 31, 11:00 a.m.

CenterWell Clarksville • February 13, 12:00 p.m.

CenterWell Madison • February 20, 11:30 a.m.

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

RSVP by emailing scams@agewelltn.org and please comment which location you plan on attending. For more information, please click the link above.



Directory of Services

Did you know that you can buy an ad for the *Directory of Services* 2025-2026 edition, even if there isn't a category for your services?

The AgeWell staff will review your services to ensure an ad can be placed. This can be a great opportunity to advertise your services to older adults and family caregivers in Middle Tennessee. For more information, please 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](#)



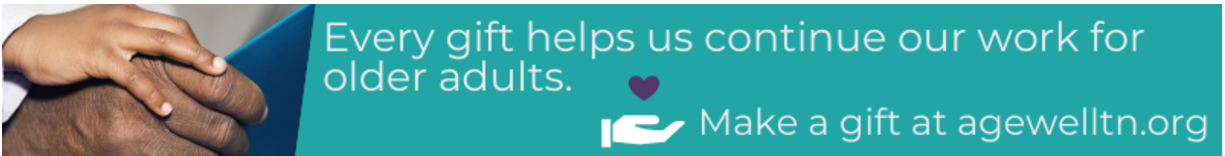
The New Year is a great time to reevaluate your goals and plans for the future. One goal I am hoping to discuss with my parents is their long-term care wishes and plans. Having conversations like these when there isn't a crisis is the best time. It's never too early to plan for the future. If we are honest, the future can mean tomorrow.

If you are at the pre-caregiver spot on the journey or farther along, and possibly experiencing a crisis, please reach out to our Eldercare Coach for a complimentary coaching session. Our Master's level geriatric professional can help you navigate the caregiving journey, come up with a plan for going forward, and learn about helpful

resources. If you are an employer and you would like to offer this benefit to your employees, please reach out today.

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.

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