

Dear friends,
I was talking with one of the Nashville mayoral candidates recently, and we agreed that voters who are 50 years and older will largely determine who becomes the next mayor. He noted that in the last election, 80% of the people who voted were older residents. Our voices and votes matter!

This month, I want to share several opportunities to speak up. I'm pleased to be part of Imagine Nashville, a diverse 26-member steering group that is leading a year-long visioning effort to engage Nashville residents and develop recommendations to shape the future of our city. There will be several opportunities to provide input, so please see below for information on how to sign up and participate.

At the state level, we can reach out to our state legislators about the upcoming special session on public safety that starts on August 21. The Governor's office invites Tennesseans to provide feedback and recommend solutions here https://stateoftennessee.formstack.com/forms/specialsession_public_safety

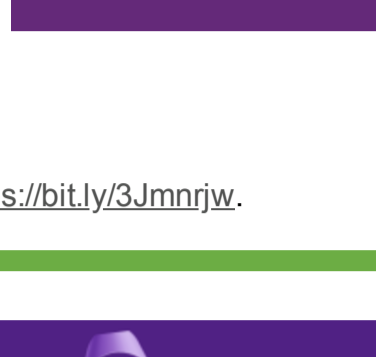
The TN Department of Economic and Community Development needs input to help shape the State Digital Opportunity Plan to secure federal funding for digital skills, inclusion and affordability. The survey link is available below.

Let's make our voices heard!

Grace S. Smith

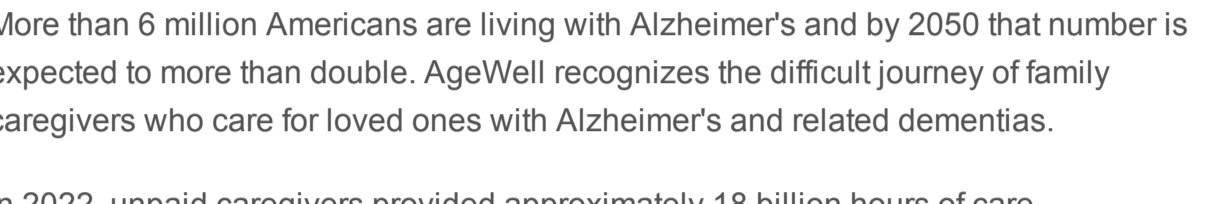
Meet Imagine Nashville

A new grassroots effort to bring our community together to create a plan for the future of our city. Join the journey to get input from every corner and every ZIP code in Davidson County.



We need YOU to make it possible. Learn more about Imagine Nashville at <https://bit.ly/3pg0NWj> and sign up to make your voice heard. Together, we can lift the future of our city.

For more information read The Tennessean's article here <https://bit.ly/3Jmnrjw>.



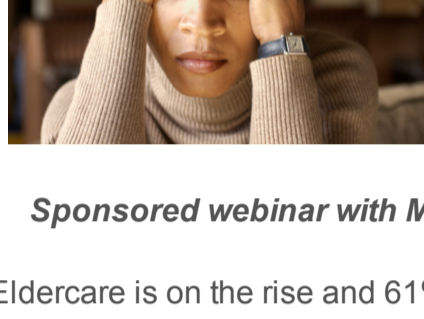
More than 6 million Americans are living with Alzheimer's and by 2050 that number is expected to more than double. AgeWell recognizes the difficult journey of family caregivers who care for loved ones with Alzheimer's and related dementias.

In 2022, unpaid caregivers provided approximately 18 billion hours of care. If you are a caregiver who needs some help, please check out eldercarecoach.org and schedule your personalized consultation with our coach. For tips about brain health check out our Keys to Living and Aging Well: Brain Health & Reducing Dementia Risk Factors webinar recording at: agewelltn.org/webinar-library. For additional information, check out these valuable resources, [Mental Health America of the Mid-South](#), [Alzheimer's Tennessee](#), [Alzheimer's Association](#) and [AARP](#).

State Digital Opportunity Plan

The Broadband Office at the Tennessee Department of Economic and Community Development invites Tennessee residents to complete this short survey and share the barriers they face to accessing quality, high-speed internet. The survey is 6 questions long and should take less than 5 minutes to complete. The feedback collected will help shape the state's Digital Opportunity Plan.

[Complete Survey](#)



Upcoming Webinar

Why Caring for Caregiving Employees is Essential for Recruitment, Retention & Employee Well-Being

Wednesday, June 28th ♦ 11:00 a.m.

*Sponsored webinar with Middle TN Society of Human Resource Management**

Eldercare is on the rise and 61% of caregivers are working and struggling. Learn how demonstrating care for caregiving employees improves overall recruitment & retention, and what resources are available to help.

Join us to learn:

- What eldercare is costing employers and how to get ahead of it
- Who's caregiving & what employees say they need and want
- How to stay in front of well-being and align with issues a growing number of employees are facing
- How AgeWell's Eldercare Coach non-traditional benefit can help with employee care strategies and talent management goals

Presenters:

Grace Sutherland Smith, LMSW, Executive Director, AgeWell Middle Tennessee

Marcia Richardson, Eldercare Coach Consultant, AgeWell Middle Tennessee

**CEUs available to HR professionals*

[Register Here](#)

Supported by grant funding from The West End Home Foundation

Npt

AGING MATTERS
Exposing Cyber Threats

DIGITAL SCAM PREVENTION WORKSHOPS

COMING TO A LOCATION NEAR YOU!

10 SESSIONS ACROSS MIDDLE TN

Workshop is **FREE**
Registration **REQUIRED**

Spot potential scams and learn how to stay safe online during this workshop series for older adults. Join NPT and AgeWell for the Digital Scam Prevention Workshop Series - **only 1 session left!**

Free for all Middle TN residents but we ask that you register for the session by clicking on the location below.

Don't Miss Out!
Thursday, July 7 • 11:00 a.m.
[Brentwood Public Library](#)
Brentwood, TN

Fan & Air Conditioner Assistance

Applications for fans and/or air conditioners for older adults in Davidson County are now available through Metro Action Community (MAC). There are requirements to qualify for the program. MAC has moved to a universal application for all of its services which is available [here](#).



Last week, NPT premiered the newest Aging Matters documentary, "Second Acts". Meet four retirement-age adults who have found joy, friendship, healing and purpose by taking on a second act in life. From rollerblading and pickleball to pottery and crocheting, we discover that taking on new challenges is key to remaining vibrant as we age.



Sales Tax Holidays

July 28-30: Clothing, School Supplies & Computers
During this holiday weekend, clothing prices under \$100, school supplies priced under \$100, and computers priced under \$1500 are exempt from sales tax. Online purchases are included.

August 1- October 31: Food & Food Ingredients
During this three-month-long holiday, food and food ingredients may be purchased tax-free. Food and food ingredients purchased from a micro-market or vending machine remain subject to sales tax. Food ingredients do not include alcoholic beverages, tobacco, candy, dietary supplements, and prepared food.

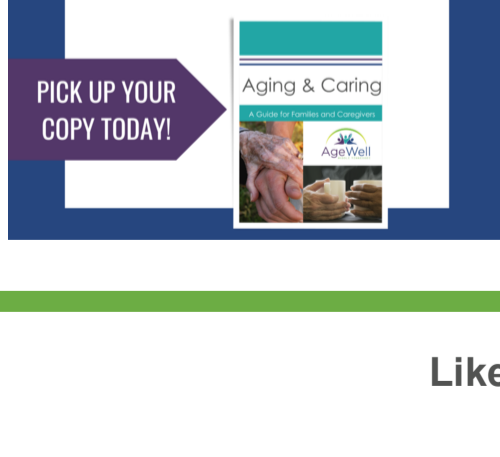


AgeWell Middle Tennessee is participating in the **LAST EVER GIVE65** Event to help raise funds to support our programs and resources for older adults and caregivers.

Give65, a fund of Home Instead Charities, is an online charitable giving competition from July 11-July 14 aimed at inspiring greater giving to nonprofits serving aging adults.

This is a challenging year and we need **YOUR HELP** to make the most of this opportunity! AgeWell can receive up to \$15,500 in matching funds and prizes for having the highest number of unique donors. We need **YOUR HELP** to make the most of this opportunity.

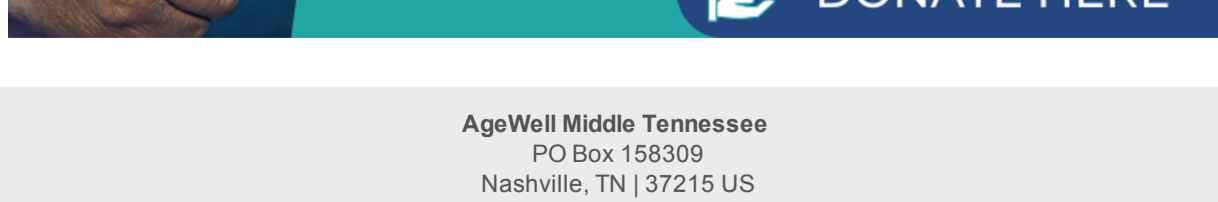
Stay tuned for more information closer to the event.



Thank you to **Takacs McGinnis Elder Care Law** for sponsoring the reprint of *Aging & Caring: A Guide for Families & Caregivers*. Stop by the AgeWell office for your new, updated copy!

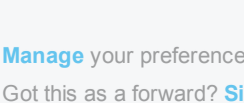
For more information about this resource or others, please visit <http://www.agewelltn.org>.

Like. Follow. Share.



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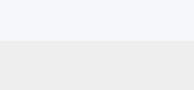
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