



March is recognized as National Nutrition Month which allows us to focus on the power of healthy nourishment. Aging well and nutrition go hand-in-hand because older adults are at greater risk of chronic diseases and health conditions. There is good news that some of these risks can be reduced by maintaining an active lifestyle and eating nutrient-dense foods. For more information, check out our Keys to Living & Aging Well nutrition webinar: Eating Well to Live Well at agewelltn.org/webinar-library.



Directory of Services

Did you know that YOU, the SPONSOR, get to choose the chapter your ad is placed in? You will sponsor the chapter of your choosing! How COOL!

You will also see a few changes to the look of the *Directory of Services*, offering our sponsors more opportunities to be seen and recognized! We are almost a quarter of the way through 2024 and it's a great time to plan your marketing outreach for 2025.

Reserve your chapter sponsorship TODAY! Not only does it highlight your business but it helps AgeWell provide a valued resource to Middle Tennessee.

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

Free Tax Preparation - VITA

(Volunteer Income Tax Assistance)

Each year, United Way volunteers help thousands of individuals and families prepare their taxes.

The IRS tax filing deadline is Monday, April 15, 2024.

If you earned less than \$79,000 in 2023, you qualify to file your taxes free through the free tax prep program.

For more information,
please visit unitedwaygreaternashville.org/vita-free-tax-prep.

Property Tax Relief & Tax Freeze

There are two programs available to aging homeowners, Property Tax Relief and Property Tax Freeze. To apply for either program, please call your county's Trustee Office. Please click on the button below for a flyer of Middle Tennessee county trustee's offices and additional information about both programs, including deadlines for applying.

The deadline for the Property Tax Freeze is April 5th.

Tax Relief/Freeze Resource Guide



Give yourself a boost with benefits!

The cost of living keeps going up – which can be hard if you're living on a fixed income. **April 15-19 is Boost Your Budget Week**, the perfect time to see if you qualify for benefits programs that can help you pay for food, medicine, housing, and more. NCOA's BenefitsCheckUp® tool, available in English and Spanish, is free and confidential and will give you a personalized list of benefits to explore. Answer a few short questions and get a list of programs that could help you.

[Start your benefits checkup here!](#)

Join Us in the Community

Navigating Eldercare: Key Issues & Helpful Resources

Thursday, April 18, 2024 • 11:30 a.m. - 12:30 p.m.

FiftyForward Bellevue • 8101 TN-100 Nashville, TN 37221



Caregivers need support to plan the next steps to navigate their loved one's care. Roobrik, a decision support tool, can help caregivers understand their loved one's needs and best-fit options. When caregivers visit eldercarecoach.org, they can take the Roobrik assessment, *Is it Time to Get Help?* In less than 5 minutes, you will receive a "Care Fit" report and you can use this report as a starting point for planning and something to discuss with an Eldercare Coach. Visit eldercarecoach.org today to take the Roobrik assessment or schedule a care consultation with our Eldercare Coach!

Employers, Roobrik is just one of the tools your employees can utilize as they engage with the Eldercare Coach program. Reach out today to learn more about the Eldercare Coach benefit program, a turnkey solution for supporting your caregiver employees and one that can also help your bottom line!

"Blossom by blossom the spring begins."

- Algernon Charles Swinburne

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GIVE TODAY

Every gift helps us continue our work for older adults.



DONATE HERE

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

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