



AgeWell  
MIDDLE TENNESSEE



## NEWSLETTER

monthly news



Dear Friends –

November is National Family Caregiver Month, and our team at AgeWell wants to thank everyone who is or has been a family caregiver for an older adult. Whether you are helping around the house, preparing meals, delivering groceries, giving rides or providing personal care assistance, we see you and we honor you.

The truth is that many of us are or will be family caregivers, and families provide 80% of care for older adults. Thankfully, there is a growing awareness that we as a society need to do more to support family caregivers. There are organizations that provide respite care, adult day programs, in-home care and residential care that families need, and we want to thank all the professionals who provide these vital services.

Yet, we know from AARP's 2023 LTSS Scorecard that Tennessee ranks 51st among all states – the worst – for support of family caregivers. We can and must do more to improve our state ranking and provide more support to families as they care for aging loved ones. AgeWell is leading advocacy through the TN Coalition for Better Aging to increase support for family caregivers. We're also pleased to offer Eldercare Coach for anyone caring for an aging loved one, and for employers who want to support caregiving employees. Please reach out to AgeWell or visit [www.eldercarecoach.org](http://www.eldercarecoach.org) to learn more.

With a grateful heart for caregivers everywhere,

*Grace S. Smith*





Do you help an aging adult...

- buy groceries
- plan and/or cook meals
- with transportation
- help with daily activities like dressing, bathing
- talk with the doctor or pick up medications

...then you are a caregiver!

Our AgeWell team wants to honor the importance of family caregivers. Who are caregivers? Most of us - caregivers are daughters, sons, wives, husbands, grandchildren, partners, and friends.

Thank you for your sacrifice, your long hours, emotional, physical and mental demands. We appreciate you and your roles as caregivers.

"There are only four kinds of people in the world: those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers."



- Rosalynn Carter



### Directory of Services

The 2025-2026 Ad Rate Sheet is now available! Current, past, and new sponsors, reserve your spot today in the most inclusive and impartial *Directory of Services* in Middle TN for aging adults and those caring for an aging loved one. Click the button for more information! Please reach out to Tiffany at [tcloudmann@agewelltn.org](mailto:tcloudmann@agewelltn.org) with any questions.

**2025-2026 Directory of Services Ad Rate Sheet**



When you imagine Nashville, what do you see?

Maybe it's more walkability, improved public transportation and infrastructure, more green spaces, or aging in place how you want. Whatever it is, Imagine Nashville wants your input on what would make Nashville even better than it is now. This is your city, and no idea is too big or too small.



**SHARE YOUR DREAM. SHAPE OUR FUTURE.**

Don't hesitate. Click the link [www.imagenashville.org](http://www.imagenashville.org).



Thank you so much to everyone who attended the 31st Annual Sage Awards Luncheon. We want to extend our heartfelt gratitude to our incredible honorees, sponsors, guests, partners, and supporters for making our Sage Awards the most successful one ever! It was a day of truly inspiring stories that embodied the spirit of AgeWell.

Click [agewelltn.org/2023-sage-awards](http://agewelltn.org/2023-sage-awards) for more photos and video highlights and to make a donation in honor of the "Sages Over 60".



**Black Friday. Cyber Monday. GivingTuesday**

GivingTuesday was created in 2012 as a simple idea: a day that encourages people to do good. Over the past 11 years, this idea has grown into a year-round global movement that inspires hundreds of millions of people to give, collaborate, and celebrate giving back to the community.

**A generous, anonymous donor will MATCH any donation made to AgeWell on GivingTuesday, November 28 up to \$5,000!!**

**To make a donation, please visit [agewelltn.org/support](http://agewelltn.org/support) or text GivingTues2023 to 44-321.**

Our work would not be possible without your generosity. We are grateful for your support and know that together, we will continue to make an impact throughout Middle Tennessee.

To make a donation, please visit [agewelltn.org/support](http://agewelltn.org/support) or text GivingTues2023 to 44-321.



The holidays are often filled with sharing, laughter and memories, but they can also bring stress, disappointment or sadness. Caregivers may feel overwhelmed by maintaining traditions while providing care and adhering to safety precautions.

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

Employers, reach out today to find out how to support your caregiving employees during the holidays.

Check out tips and resources from these organizations for ideas for safely enjoying time with family and friends during the holidays.



## Community Give-back Opportunities

Greater Nashville Regional Council needs volunteers to help with Angel Tree for low-income older adults in their Guardianship for the Elderly Program.



Sign up today to spread some joy this holiday season! <https://hubs.la/Q026VSVy0>

## ADOPT A SENIOR PROGRAM

St. Luke's Community House provides the opportunity for everyone to have a joyous holiday season through their Adopt A Senior program. Sign up [here](#), and you'll be matched with an older adult.



Please note that the AgeWell office will be closed on Thursday, November 23rd and Friday, November 24th for the Thanksgiving holiday. We wish you a very Happy Thanksgiving!

**Like. Follow. Share.**



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