



AgeWell  
MIDDLE TENNESSEE



Dear Friends,

Things are busy at AgeWell as we prepare for the 31st Annual Sage Awards luncheon this Monday, October 30. We'd love to have you join us as we honor this year's Sage awardees and present the Elizabeth Jacobs Distinguished Service Award. Be sure to see the event information below and make your reservation today!

This newsletter includes a link to the Imagine Nashville survey for anyone living or working in Nashville. As a member of the steering committee, I hope you will tell us what's important to you, what's working and what's not. As our city grows, what needs to be preserved, improved, or made better? Your feedback and ideas will help shape actionable recommendations for city leaders.

Lastly, as we approach November - National Family Caregivers Month, we want to shine a light on family caregivers of older adults. If you're a caregiver and feel stressed, overwhelmed or want to learn more about care options and community resources most appropriate for your situation, AgeWell's Eldercare Coach is the place to start. Remember, you're not alone and we're here to help.

Hope to see you at the Sage Awards!

*Grace S. Smith*

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## Prescription Drug Take Back & Shred Event

Saturday, October 28, 2023

9:00 a.m. - 12:00 p.m.

**Bellevue Presbyterian Church  
100 Cross Timbers Dr. • Nashville, TN 37221**

Every year an estimated 5 million, or 1 in 10 older Americans, experience elder abuse, neglect, or exploitation.

**We want to help adults 50+ prevent financial exploitation by safely disposing of personal documents with identifying information.**

The National Prescription Drug Take Back Day - 10/28/2023 - aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications.

**A prescription medication drop box will also be available to anyone wanting to safely dispose of any unused/expired medication.**

Please join us for a FREE shred event hosted by  
**Middle Tennessee Elder Watch Committee**

*shred truck generously sponsored by*  
**AARP Tennessee**

**Shred Event Flyer**

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**2023 Sage Awards Ceremony & Fundraiser**

*HONORING*

**Mike Hodge, Byron Kamp, Ellen Hobbs Lyle,  
Rev. Edwin & Billye Sanders, Byron Trauger, and Family & Children's Service**

&

The Presentation of the  
Elizabeth Jacobs Distinguished Service Award to

**Rev. Dr. Richard H. Gentzler**

**Monday, October 30, 2023**

**Franklin Marriott Cool Springs • 700 Cool Springs Blvd. Franklin, TN 37067**

**Registration: 11:30 a.m. • Luncheon & Program: Noon - 1:30 p.m.**

**\$100 PER PERSON**

**Make Your Reservation Today**



## Directory of Services

As we come to the end of 2023, we are already thinking about the 2025-2026 edition of the *Directory of Services*. If you are a current edition sponsor, THANK YOU! The directory is so needed, we are printing more copies to get us through 2024. If you are thinking about sponsoring the next edition, include us in your budget! Be on the lookout for our ad rates coming out soon for the 2025-2026 edition, and secure your spot!



**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.**



As we enter November, National Family Caregivers Month, take some time to honor yourself as a caregiver. Remember caregivers may provide direct support or emotional support from afar, and both are still caregivers! Schedule respite time, do something fun, and focus on yourself. [Learn more about how to be a healthy caregiver.](#)

Employers, if you are interested in learning more about employees who are also caregivers and how you can support them and ensure you are creating a caregiver-friendly work environment, reach out to learn more about [Eldercare Coach](#). During November, employers can schedule a complimentary lunch and learn for your employees.

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