



AgeWell
MIDDLE TENNESSEE



Dear Friends,

September is Healthy Aging Month and a good time to re-focus on the keys to healthy living. The good news is that simple habits and choices benefit our bodies and brains.

What research continues to show is that healthy aging is significantly influenced by what we eat and how we live, particularly physical activity, sleep, stress reduction and social connection. AgeWell board member and geriatrician, Dr. Jim Powers, notes that life expectancy is influenced primarily by behavioral patterns (40%), then genetics (30%), and social circumstances (15%). In fact, lifestyle factors account for approximately a 10-year difference in life expectancy!

With that in mind, we invite you to watch AgeWell's *Keys to Living & Aging Well* webinars available on our website: agewelltn.org/webinar-library. You can also check out NPT's *Aging Matters* documentaries video.wnpt.org/show/npt-reports-aging-matters/episodes/ and the new *Live to 100: Secrets of the Blue Zones* series on Netflix. Let's continue to learn how we can live and age well.

As we approach October, stay tuned for the Imagine Nashville survey open to anyone living or working in Nashville, Ageism Awareness Day on Oct. 7th and AgeWell's Sage Awards luncheon on Oct. 30th. We hope you'll make your reservation today & join us for the Sage Awards celebration!

Grace S. Smith



Let's reframe how
we talk about aging
and older people in
society.

AGEISM
AWARENESS DAY



#TalkAboutAgeism

Ageism Awareness Day on Saturday, October 7, 2023, is an opportunity to draw attention to the existence and impact of ageism in our society and how we can reframe aging in our communities.

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 • RSVP BY OCTOBER 20TH

Make Your Reservation Today



JOIN US IN THE COMMUNITY

Tuesday, Sept. 26 • 10 a.m. - 1 p.m. • Hermitage, TN
CenterWell Open House • 4442B Lebanon Pk.

Wednesday, Oct. 4 • 10 a.m. - 1 p.m. • Madison, TN
CenterWell Open House • 2009 Gallatin Pk. North

Wednesday, Oct. 18 • 10 a.m. - 12 p.m. • Donelson, TN
FiftyForward Donelson Station Community Health Fair • 108 Donelson Pk.

Saturday, Oct. 21 • 9 a.m. - 3 p.m. • TN Taste of Technology
Brentwood Baptist (Hudson Hall) • 7777 Concord Rd.

SAVE THE DATE

Tennessee Taste of Technology

Connect to a wider world with technology
designed for people who are:

- Deaf
- Speech Disability
- Late Deafened
- Hard of Hearing
- DeafBlind
- Blind/Low Vision
- Senior Citizens
- Veterans
- Emergency Responders
- Musicians
- Family
- Advocates

Saturday, October 21, 2023

9 am to 3 pm

Brentwood Baptist Church
In Hudson Hall
7777 Concord Road
Brentwood, TN 37027

Experience:

- Free Admission
- Hands on Demo
 - Workshops
- Exhibits/Vendors

Sign Language interpreters, CDIs and CART will be provided.
Contact donice.kaufman4@t-mobile.com for more information.

The event is sponsored by:



Building Community with Older Adults

In partnership with engAGING Communities TN, UT Chattanooga's School of Nursing's older adult initiative, ENCORE Ministry is hosting an event for older adults and older adult ministry leaders. The event includes worship, networking, and sessions by area experts on topics impacting older adults such as grandfamilies, older adult care, legal services, mental health, transitions of care, and congregational care. It will be held in person at Franklin (Tennessee) First UMC and live-streamed.



Thursday, October 26th • 9 a.m. - 3 p.m.

Franklin First UMC • 120 Aldersgate Way Franklin, TN 37069

In-person registration is \$10 to cover the cost of lunch. Livestreaming is free. For more information, visit <https://encoreministry.org/training/>. To register, [click here](#).

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

COVID-19 Vaccine & Test Information

The CDC authorized updated COVID-19 vaccine boosters for everyone age 6 months and older. People with Medicare can get the updated vaccine with \$0 cost sharing. Medicaid and private insurance will also continue to cover the COVID-19 boosters and the new Bridge Access Program will provide vaccines to people who are uninsured. The updated vaccines are especially timely as data shows COVID-19 rates are rising again in nursing facilities.

In addition, under the prescription drug provisions of the Inflation Reduction Act, vaccines under Medicare Part D, including the new RSV vaccine recommended for older adults this fall, are also covered with \$0 cost sharing.

Beginning September 25, four FREE tests will be available for each household to request at covidtests.gov. Tests will be sent via the USPS starting October 2.

Like. Follow. Share.



GIVE TODAY
Every gift helps us continue our work for older adults.

 **DONATE HERE**

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