For over 29 years COA has been the voice looking out for the interests of seniors and caregivers, ensuring that our community takes notice of those interests and needs, and spearheading collaborative solutions.
Mission: COA addresses the unmet needs of older adults and caregivers through information, advocacy and education and by being a catalyst for comprehensive solutions.

History
The Council on Aging of Greater Nashville was launched in 1985 as a vital outgrowth from a mayoral task force on senior issues. The task force saw the need for an engaged, impartial and accountable group to continually study gaps in services for seniors and to be an advocate on behalf of senior issues. COA is an independent, board-directed 501(c)3 non-profit organization.

About The Council on Aging of Greater Nashville
The Council on Aging is Middle Tennessee’s only non-profit with a locally based mission dedicated to identifying, studying and solving the unmet needs of seniors. COA provides free, impartial information and referral services directly to seniors and their families. COA advocates for issues affecting seniors and produces resources on topics of unmet needs.

COA has taken action on issues affecting seniors including caregiving, community engagement, consumer fraud, elder abuse, end-of-life planning, grandparents raising grandchildren, health and wellness, housing, legal concerns, mental health, retirement, transportation and much more.

COA is often recognized for The Directory of Services for Seniors, Discover Nashville, Senior Days on the General Jackson and Sage Awards.

Through the numerous volunteer committees, COA extends its reach to all those who are interested in the challenges and concerns of older adults— seniors and their families, agencies, businesses, professionals, caregivers and community volunteers. This collaborative spirit has been crucial to COA’s ability to reach more seniors every year since 1985.

The 2014 Annual Report details COA’s accomplishments and outlines how these partnerships are vital to the Council on Aging of Greater Nashville! COA is grateful for your support!
Impact 2014:
COA reached more seniors & caregivers than ever before!

Nearly 200 volunteers served over 4,200 hours, valued at $84,546 as in-kind support.

The number of information and referral calls to the COA office increased by 7.84% compared to 2013 calls and increased 43.20% compared to 2012 calls.

COA staff and volunteers have made 58 presentations to churches, employee groups, and health fairs about caregiving, senior resources, and end of life issues, among other topics. A 20% increase over 2013 thanks in much part to our dedicated event volunteers!

COA continued distribution of its popular “Tips for Transporting Older Adults” DVD to over 100 area congregations and senior groups.

The Scam of the Month email reaches an estimated 7,500-10,000 people at the beginning of each month. To sign up, send an email to scams@coamidtn.org

Released in 2014, Empowering Grandparents: A Guide for Grandparents Raising Grandchildren is a booklet addressing the needs of these caregivers by providing specific information, resources and support to assist in grandparents in this role.

Preparing and Planning for Life’s Final Chapter provides unbiased end-of-life information for families. All 2,000 copies have been distributed and a re-printing is planned. This publication is also available on our website.

ReNEW—nutrition, exercise and wellness for older adults proved so popular that a re-printing was done to accommodate requests. ReNEW is also available for download on our website.

Aging and Caring: Things Families Need to Know continues to be a popular resource (over 5,500 copies) for caregivers and a basis for numerous presentations.
COLLABORATION AND TEAMWORK

COA’s Leadership Council, chaired by Grace Smith, is a forum for leaders in the aging field to assess the unmet needs of seniors and to connect on common initiatives. COA is the trusted and impartial convener of 23 agencies that have united to achieve a greater impact than each could on its own. The Council is comprised of representatives from AARP, Alive Hospice, Alzheimer’s Association, Catholic Charities, FiftyForward, Jewish Family Service, Lipscomb’s School of TransformAging, LeadingAge TN, Legal Aid Society, Meharry Geriatric Education Center, Mental Health America, Metro Social Services, Senior Services Network, Society of HR Managers, St. Luke’s Community House, the Tennessee and the Area Offices on Aging & Disability, Tennessee Respite Coalition, United Way of Metro Nashville, VUMC, and WNPT.

The Leadership Council collaboratively brings the expertise and synergy needed to drive positive change for seniors. COA was honored to be recognized by the Center for Nonprofit Management at the Salute to Excellence banquet as one of the three finalists for the Frist Foundation Team Building Award.

In 2014, the Leadership Council continues to work with NPT on its Aging Matters series of documentaries by providing impartial and in-depth knowledge of the issues. NPT Reports: Aging Matters is a major initiative designed to open a community-based conversation about what older adults in Middle Tennessee need to optimize their quality of life and what the community needs to do to prepare for a coming explosion in our aging population. This series has spurred dialogue in many ways, including an employee education event at Nissan that the Council on Aging was proud to support.

Under the leadership of Diane Gramann and Carolyn Biggers, the Elder Abuse study group is working to ensure that banking employees know the signs of financial exploitation and what to do if they suspect this abuse. The group is also pursuing funding to develop a network of emergency shelters utilizing existing senior facilities for victims of elder abuse. In 2015, members will finalize materials on elder abuse, specific for law enforcement and medical professionals. The committee is also considering advocacy on several specific aspects of elder abuse. Organizations involved on this committee are FiftyForward, GNRC Area Agency on Aging & Disability, HomeSafe of Sumner Co., Legal Aid Society, Life-Links, Mental Health America, Metro Social Services, Park Manor, Sexual Assault Center, TN and Davidson Co. Adult Protective Services, TN Department of Commerce & Insurance, TN Commission on Aging & Disability, TN Vulnerable Adult Coalition, You Have the Power, and YWCA.
Kresge Legacy Society

The COA Board of Directors is pleased to announce the creation of the Martin L. Kresge Legacy Society in recognition and remembrance of his lasting impact to COA. Kresge was President of the Board from 1992-1994 and was pivotal in COA’s transition from the Council of Community Services to an independent non-profit agency. Honored with the Elizabeth Jacobs Distinguished Service Award in 2011 and a Sage Award in 2004, he was instrumental in the success of the Council on Aging through the development of the Directory of Services for Seniors. A retired businessman, Martin shared his tremendous leadership and organizational skills as a volunteer with COA for over 25 years.

“As long as Martin Kresge was associated with COA, he was a tireless proponent for seniors. His bequest will truly make a remarkable difference to us as we expand our programs and services. Martin was an extraordinary man. He leaves a magnificent legacy to COA and it is fitting to now have the Martin Kresge Legacy Society as tribute,” said Maribeth Farringer, Executive Director.

The purpose of the Kresge Legacy Society is to recognize donors, who like Kresge, have documented planned gifts to the COA.

“Kresge’s estate gift is transformative. There is no doubt that this gift will serve as a catalyst for our planned giving efforts going forward. This bequest is a phenomenal example of how one individual can make an enormous impact on an organization and on the community. We will be eternally grateful for this loving act by our friend Martin,” said Steve Mathews.

Membership in the Kresge Society requires a documented deferred gift which could include a bequest, life insurance gift or retirement plan. Planned or deferred gifts strengthen COA’s ability to provide services to Middle Tennessee seniors and preserves the donor’s legacy and commitment to COA for perpetuity. These gifts ultimately contribute to the Council on Aging’s endowment which supports the long range financial future of COA.

Please contact the COA office with any questions. We would be delighted to talk with you about how you can join others in the Kresge Legacy Society today!

For the 19th year, COA continued the coordination of Senior Days on the General Jackson. This 3-day event allows 2,000 seniors to celebrate Older Americans Month in May with a discounted ticket for a lunch cruise along the Cumberland River. As the cost of living increases for seniors, many would not be able to afford the price of a full price ticket. Thank you to the General Jackson Committee, chaired by Chuck Mauro, for making this a special experience for Middle TN seniors.

SENIOR DAYS ON THE GENERAL JACKSON

We are grateful to our sponsors for helping to offsets costs and making this an affordable opportunity for older adults:

Barton House
Blue Cross Blue Shield of TN Family Legacy
Lakeshore Estates Inc. Life Care Centers of America
Mid Cumberland HRA
McKendree Village
NPS Pharmacy
The Providence Group
Rutland Place
Vista Points Special Needs Trusts
The 2015-2016 Directory of Services for Seniors will be available in January!

The 18th Edition will offer several new features to enhance ease of use.

All 41,000 copies of the 2013-2014 edition have been distributed!

Free copies of the Directory are available to older adults and caregivers at all public library branches within Middle TN and at COA Office.

The Online Directory is accessible via our website www.coamidtn.org

Improvements to the Online Directory are being made to increase ease of use and mobile optimization—expanding access to unbiased senior information and resources for those beyond the borders of Middle TN!

We are very grateful to our sponsors who help to make the Directory publication & distribution possible:

Lakeshore Estates, Inc.
Life-Links Geriatric Care Management
Like Family Home Care
Maristone of Franklin
McKendree Lambuth at Gallatin
McKendree Village
Meharry Consortium Geriatric Education Center
Mental Health America of Middle TN
Metro Social Services
Metropolitan Development & Housing Agency
Mid-Cumberland HRA
Morning Pointe of Brentwood
Nashville Christian Towers
National HealthCare Corp. (NHC)
Northcrest Hospice
NPS Pharmacy
Phillips-Robinson Funeral Home
Preferred Care at Home Nashville South & East
ResCare Home Care
Right at Home
Rita's Care at Home, LLC
Rolling Hills Hospital
Saint Thomas Health Services
Senior Helpers
Senior Solutions Home Care
Seniors Plus More, Inc.
Sitters and More of Middle Tennessee, Inc.
Sitters Etc., Inc.
Splitsecond
Southern Manor Living Centers, LLD
Stones River Manor
SunCrest Home Health
The Providence Group
TN State Veterans' Home
TriStar Rehabilitation
TriStar Behavior Health Services
TriStar Inpatient Rehab Services
United Healthcare Community Plan
Vanderbilt Behavioral Health
Vanderbilt Bill Wilkerson Center
Vanderbilt Home Health
Vista Points, Inc.
Willowbrook Home Health and Hospice Agencies
The Elizabeth Jacobs Distinguished Service Award, established in honor COA’s founder, recognizes volunteers who give selflessly to further the COA’s mission. This year’s recipient is Caroline M. Chamberlain, who has volunteered for nearly 30 years and played an instrumental role in COA’s success. Caroline started serving COA in 1985, after Elizabeth Jacobs invited her to join a committee, and she continues to be an active volunteer today. She has provided leadership on numerous committees, as a former Board President and Chair of both the Community Assessment Committee and Leadership Council. In addition to her leadership, Caroline also shaped COA’s success by lending her skills with strategic planning and data collection, as well as sharing her vast experience with seniors and caregivers, both professional, as past Director of the Knowles Home and Adult Day Care through Metro Social Services, and personal. Pulling from her experience as a family caregiver, Caroline was instrumental in the writing of Aging & Caring: Things Families Need to Know, a continuing resource for family caregivers throughout Middle Tennessee.

Sharon Hurt, May Dean Eberling, Hilda & Jim McGregor
Honored for their community service

Mary Churchwell (L) was celebrated as the Honorary Chair. Nell Ann Crowe, Chair, and Harry Chapman, Master of Ceremonies (R)

With the increased popularity of Sage Awards Luncheon and Patrons’ Reception, the Sage Awards Committee moved the event to the Omni Hotel to accommodate the growing crowd and, after a successful event in 2014, look forward to returning in 2015. Mark your calendars for the 2015 Sage Awards on Friday, October 23, 2015 and contact COA’s office or visit COA’s website to submit a nomination.
DISCOVER NASHVILLE AND BEYOND

Discover Nashville’s 6-week, semi-annual program continues to enrich the lives of older adults in our community—educating them about how our community operates, exposing them to behind the scene experiences, and inspiring them to engage in meaningful volunteer opportunities. Since its inception in 2001, Discover Nashville has graduated more than 700 alums.

In June 2014, COA launched a pilot of Discover Franklin over the course of three weeks. A little over 20 class members (pictured above) explored Williamson County, focusing on themes similar to those used in the Discover Nashville program, but adjusted to meet the unique personality of the Franklin community and beyond.

COA is committed to facilitating the program again in 2015. If you are interested in being in a future class member or would like to sponsor a Discover program, please call 615-353-4235 or discover@coamidtn.org.

The Discover Programs are made possible by grant support from The Memorial Foundation and the generous financial support of business sponsors (bolded within Community Partners).

Community Partners

Discover Nashville
101 Mobility
American Cancer Society Memorial Foundation
Hope Lodge, Sarah Burcher
Audrey Holloman & Earl Lattimore, MNPS Family Involvement Specialists
Billy Fields
BlueCross BlueShield of TN
Bret Wolcott
Caregivers by WholeCare
Catholic Charities, Jennifer Escue
Carter Andrews
Connie Florance & Kevin Madill, Jazz Artists
Diane Neighbors, Vice Mayor
Davidson Comm. Corrections Drug Court
Judge Seth Norman & Janet Holson
Dr. Carole Bucy, Davidson Co. Historian
Dr. Bill McKee, Historian
Entrepreneur Center, Robbie Goldsmith
Everything But the House
FiftyForward RSVP, Liane Proctor
Fisk University, Dr. Philip Autry, Dr. Reavis Mitchell, Jr., Sara Estes & Dr. Victor Simmons
George Cate, Jr., Former Vice Mayor
Goodwill Industries of Middle Tennessee, Matt Glover
Grace Manor Assisted Living
Hillwood High School, Dr. Steve Chauncy & Trip Nicholson
Holiday Inn-Vanderbilt, Thom Druffel
Homewood Residence Brookmont Terrace Interim HealthCare
Jay West
Jones Paideia Elementary School, Dr. Debra Smith
Lentz Public Health Center
Leslie Speller-Henderson, TSU
LP Field, Walter Overton
Mckendree Village
Morning Pointe of Brentwood
MTA & Music City Central, Dorothy Hayes
Nashville Children’s Theatre, Kathryn Colegrove & Bob Roberts
Nashville Convention & Visitors Corp., Terry Clements
Nashville Downtown Partnership, Thomas Turner
Nashville Jazz Workshop, Larry Seeman
NashvilleNext, Andrew Collins
Nashville State Community College, Evelyn Hadley
Parker Lawrence Cantrell & Smith
Pearl Cohn Entertainment Magnet High School, Ernestine Wilson
Pinnacle Financial Partners, Keith Davis & Nancy Zoretic
Police Chief Steve Anderson & Deputy Chief Damian Huggins
Ronnie Steine, At Large Council Member
Salvation Army: Magnes-Potter Center, John Crawford & Mike Servais
Second Harvest Food Bank, Kyle Williams
TDOT Yellow Dot Program
TriStar Centennial Medical Center

Discover Franklin
Andy King, Fire Marshall
Belvedere Commons of Franklin
Battle of Franklin Trust
Carnton Plantation
City of Franklin Parks Department, Lisa Clayton
Clovercroft Elementary School, Laura LaChance
Columbia State Community College, Dr. Janet Smith
Comfort Keepers
FiftyForward Martin Center, Joyce Keistler & Sherry Coss
Fiftyforward RSVP, Robin Johnson
First United Methodist Church, Linda Gregg
Franklin Police Department, Officer Ryan Schuman
Franklin Special School District, Kay Boan
Franklin Theatre, Dan Hays
Friends of Franklin Parks, LLC/Franklin Tomorrow, Mindy Tate
GraceWorks Ministries, Brian Myers
Gray’s on Main, Joni Cole
Habit for Humanity of Williamson County, Becket Moore
Heritage Foundation of Franklin & Williamson County, Mary Pearce
Historic Franklin Presbyterian Church, Rev. Sally Hughes
Historic Williamson County Courthouse
Home Care Assistance
Interim HealthCare
Integrity Insurance, Travis Hague & Matt Hendrix
J.L. Clay Center, Susan Ille
Lotz House, J.T. Thompson
Mayor Ken Moore
NHC Place at Cool Springs
O’More College of Design, Rebecca Stilwell
Rick Warwick, Historian
Robert Cook, County Attorney
Sanskia, Mandy Mazz
St. Andrew Lutheran Church
Tennessee Equine Hospital, Dr. Monty McInturff
TMA Group/Franklin Transit Authority, Debbie Henry
United Way of Williamson County, Debby Rainey
Vista Points Special Needs Trusts
Williamson County Alternative Learning Center, Roberta Morgan
Williamson Co. Archives, Aimee Saunders
Williamson Co. CASA, Marianne Schroer
Williamson Co. Convention & Visitors Bureau, Debby Rainey
Williamson Co. Transit Authority, Kelly Murphy
Williamson Co. Juvenile Court, Terry Cozart
Williamson Co. Parks & Recreation, Debbie Sims
Williamson Co. School System, Denise Goodwin
Williamson Co. Sheriff’s Office
Williamson, Inc., Matt Largen
Williamson Medical Center

American Cancer Society Memorial Foundation
Hope Lodge, Sarah Burcher
Audrey Holloman & Earl Lattimore, MNPS Family Involvement Specialists
Billy Fields
BlueCross BlueShield of TN
Bret Wolcott
Caregivers by WholeCare
Catholic Charities, Jennifer Escue
Carter Andrews
Connie Florance & Kevin Madill, Jazz Artists
Diane Neighbors, Vice Mayor
It is with great appreciation that we recognize the donors to COA.

**GIFTS MADE FROM NOV. 1, 2013—DEC. 8, 2014**

### $30,000+
- West End Home Foundation
- Martin Kresge, estate
- Joan Mathews, estate

### $15,000+
- Steve Mathews
- The Memorial Foundation

### $10,000
- Saint Thomas Health

### $3,000-$7,500
- Atticus Trust
- The Frist Foundation
- LeadingAge TN
- Jackson National Life
- Joycelyn A. Stevenson
- Vista Points, Inc.

### $2,000-$1,000
- Adrienne Ames
- Valinda Burks
- Caroline Chamberlain
- Robert Eisenstein
- Jane & Richard Eskind
- Holy Family Mens Club
- Anne H. Gulley
- The Harnisch Foundation
- Janie Parmley
- Beverly Patnaik
- Lynn Ragland
- Joan Shayne
- Rose & Sol Stern Trust
- Lottie Strupp

### $999-$500
- Bridgestone Americas Trust Fund
- Fund The Community Foundation of Mid. TN
- Rebecca Climer
- Starling Davis
- Delta Sigma Theta Sorority
- May Dean Eberling
- Lee Fairbairn
- FiftyForward
- Judy S. Given
- The Heritage at Brentwood
- Emily James
- Jefferson Street United Merchants Partnership
- Bill & Carolyn O'Neil
- St. George's Episcopal Church
- SunTrust Foundation
- Vanderbilt Home Care Services

### $499-100
- Rosalyn Anderson
- Jo Anderson
- William F. Andrews
- Milbrey Andrews
- Nicholas Bailey
- Pat Banks
- Mr. & Mrs. Charles Bell
- Betty Bellamy
- Elaine & Robert Blake
- Ann & Johnnie Bond
- Claudia & Gordon Bonnymann
- James C. Bradshaw Jr.
- Seawell & Marcy Brandau
- Cathy & Martin Brown
- Doug Brown
- Martin S. Brown
- Toni Carlton
- Jo Ann Church
- Keith Churchwell
- Kevin Churchwell
- Doreatha H. Churchwell
- Mary Churchwell
- Ocie Clark
- David & Sallylou Cloyd
- John Colton
- Linda A. Coop
- Theola Copeland
- Donald Cowan
- Nell Ann Crowe
- Richard Cummins
- Mary Ann Denney
- Patricia Devine
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- Alberta Doochin
- Peggy Downing
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- Dr. & Mrs. Richard Heller
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- Ola Hudson
- Sandra D.H. Hunt
- Patricia Hunter
- Mary Jamison
- Peggy Jean Martin
- Janet Jernigan
- Joan Johnston
- Pat Johnston
- Louise Jones
- Carol A. Jones
- Donna Kumar
- Ellen & Jonathan Lehman
- Dorothy & Jim Lesch
- Robert Lewis
- Anita Lowrance
- Carolyn E. Lynam
- Tommie C. Manning
- Victor Marchese
- Ida K. Martin
- Bobbie Mayes
- Charlotte McAnally
- Susie McClure
- Obera McDonald
- Scott McKean
- Keith & Katie Meador
- Steve Meyer
- Meredith Middlebrooks
- Judy Nebhut
- Laura & Charlie Niewold
- Nissan
- Jyoti Pandit
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- Donald Petty
- Marshall T. Polk
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- Dr. James Powers
- Rosemary Ramsey
- Betty Ramsey
- Nancy Ransom
- Kirk Rutter
- Lina Scanlan
- Arden Schlesinger
- Helen Schley
- Susannah & Zuluu
- Scott-Barnes
- Ray & Phyllis Sells
- Claudia Seybert
- Matthew Shaw
- Dolores Shockley
- Delores W. Seigenthaler
- John & Patricia Smallman
- Grace Smith
- Barbara Smith
- Jan Sobotta
- Sarah Stamps
- Sammy & Jo Stanley
- Greta Street
- John & Janet Tidwell
- James & Peggy Torrence
- Julia S. Triplett
- Deborah Turner
- Turner Construction
- Irwin Venick
- Howard T. Walpole Jr.
- Nelda Watts
- Susan Weiss
- Ruth Wharton
- & Amy Moloney
- William Whetsell
- Lois O. Winston
- Sally & Larry Wolfe
- Barbara Yudiskas

### $99 & under
- Jennifer Abernathy
- Sharon Adkins
- Gracie Allen
- Evelyn Andre
- James C. Armistead, Jr.
- Shirley Arrendale
- William Barnes
- Lynn & David Barton
- Katrin Bean
- Madelyn Berezov
- Alma Blakely
- Marion Bogen
- Randy Brill
- Lenora Brumit
- Martha S. Bryant
- Frederick Burks
- Capstar Bank
- Charlie Cardwell
- Paula H. Chism
- Robert Churchwell Jr.
- Pat Citro
- Alfred & Rosa Coleman
- Donna Cookson
- Sonny Coop
- Elizabeth Cormier
- Mary Crocker
- The Cumberland at Green Hills
- Eleanor Davis
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- Ruth Duren
- Becky Eagle
- Agnes Eckenfelder
- Joanne Elizabeth Katcher
- Royce & James Fishel
- Elizabeth Maddin
- Barbara Mann
- Park Manor Apartments
- Michael McAlister
- Edith McBride Bass
- Eula McCall
- Stephen McClure
- G.S. McKee
- Veonie McKinnie
- Merrilee Meehan
- Dana Merritt
- Rosa Mims
- Agnes Moore
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- Mary Nelle Bryant
- Kathy Nelson
- Dolores Nicholson
- Mary O'Neil
- Margaret L. Porter
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- Dorothy Raines
- William Regen
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- Gayland Smith
- Donna Smith
- Nan Speller
SPECIAL THANKS TO ALL VOLUNTEERS, COMMITTEE AND BOARD MEMBERS!

COA is a nonprofit 501(C)(3) organization. Your donations provide necessary support for COA to work collaboratively with other agencies to study & fill the gaps in services for Middle TN seniors & caregivers.

Please consider COA in your philanthropic priorities.

COA lost a dear friend and advocate this year with the passing of Jean Goodman Stumpf. She was a member of the Board of Directors from 1995 through 2006, serving as its president for two years. Under Jean’s leadership, COA survived a severe financial crisis to become the independent, fiscally sound organization it is today. She also led the effort to create a number of widely used COA publications, including Preparing for and Surviving the Death of the Spouse and Caring Daughters, Aging Parents (later revised to Aging & Caring: Things Families Need to Know).

The West End Home Foundation provides vital funding for COA. As a result of their generosity, COA was able to reach more seniors and caregivers with information and referral services, community presentations, and printed resources. In addition, their grant sponsored seminars addressing legal and financial concerns along with the production of the brochure, Should I Stay or Should I Go? The 2015-2016 Directory of Services will feature enhancements made possible by their generosity. We are grateful for the confidence that they have placed in COA.
In 2014, the Community Assessment Committee, chaired by Anne Gulley, created credible resources for grandparents raising grandchildren and seniors and caregivers with questions concerning senior housing options.

In Tennessee, more than 72,000 children live in a household where grandparents are the primary caregiver. COA raised awareness on many of the challenges faced by grandparents raising grandchildren through a “train the trainer” event, publication of *Empowering Grandparents: A Guide for Grandparents Raising Grandchildren* and numerous presentations to senior and children’s groups. Copies of the publication are available online and at the COA Office. In addition, a comprehensive resource library is accessible via www.coamidtn.org.

Aging often brings challenges with regard to housing. Making informed decisions about how to best make adaptations to an existing home or to relocate are challenging for both seniors and caregivers. The Community Assessment Committee developed a panel and resource pamphlet, “*Should I Stay or Should I Go?*,” to help seniors and their caregivers better understand considerations, terminology and resources available to assist with senior housing. This resource includes information on supportive services to help older adults age within their home, as well as the many housing options available specifically for seniors. Special thanks to Dana Hentschel, Beth Zanolini, Sara Beth Warne, and Donna Kumar for their work on this project.

**COMMUNITY OUTREACH**

COA staff and expert volunteers are available to make presentations on topics relevant to older adults at area businesses, community groups, employee groups, health fairs, church groups, etc. To learn more about how our resources can help your organization or to schedule a speaker, please email info@coamidtn.org or call 615-353-4235.

We are pleased to share our knowledge and offer resources on a variety of topics including:

- Adaptive Equipment to Support Independence
- Advance Directives: Making Your Final Wishes Known
- Aging in Place—Modifying Your Living Space
- Tips for Keeping An Older Adult at Home
- Caring for the Caregiver
- Caring for a Parent or Spouse
- Community Resources for Seniors
- CHOICES for Long Term Care

- Elder Abuse
- Elderly Mental & Emotional Health
- End of Life Issues
- Facts about Social Security
- Grandparents Raising Grandchildren
- Helping Families Experiencing Alzheimer’s & Dementia
- Home Safety for Older Adults
- Leaving Home—Your Options
- Legal Issues
- Living Financially Sound in Retirement
- Negotiating the Healthcare System
- Organizing & Planning Ahead
- ReNEW—nutrition, exercise & wellness for older adults
- The Senior Social Scene
- Signs Someone Shouldn’t be Driving & Then What
- Subsidized Services
- Understanding & Making Decisions about Long Term Care
- Understanding Medicare

*Please note that we cannot guarantee speaker availability.*
**Expense/travel fees may apply.*
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Kirk Rutter, retired
Matt Shaw, Robins Insurance Agency
Grace Smith, LMSW, Meharry Consortium Geriatric Education Center
Julia S. Triplett, MBA, MSN, NE-C, Vanderbilt Home Care Services

We are grateful for the leadership and service of the following outgoing 2014 Board Members:

Lee Fairbend
Dr. Frank Gluck
Dr. James Powers
Lynn Ragland
Joycelyn S. Stevenson