Approximately 943,000 (16.6%) Tennesseans are 60 years old or older.

Tennessee ranks 41st in senior health & last in the nation for senior physical activity.

1 in 20 children in Tennessee is being raised by grandparents.

1:3 - 1:4 of TN families are caring for both children and aging relative in the home.

In the next 15 years, that number is expect to rise to 1:2.
COA is Middle TN’s only non-profit with a locally based mission dedicated to identifying, studying & solving the unmet needs of seniors and providing impartial information, advocacy, and support to seniors, their families, and caregivers. Seniors are living longer & by the year 2020, TN’s population of people over age 65-74 is expected to grow by almost 48%. In addition, seniors are the fastest growing segment of the population. In an effort to optimize senior quality of life and assess Middle Tennessee’s needs for the coming explosion in our aging population, COA extends its reach to all those who are interested in the challenges and concerns of older adults—safeguards and their families, agencies, businesses, professionals, caregivers and community volunteers. We have the ability to bring experts and stakeholders to the table to find common sense solutions.

In addition, COA offers free, impartial information and referral services directly to seniors and their families. We receive thousands of calls and website inquiries from seniors, adult children and/or neighbors looking for help. Listening and responding to those who contact us reinforces the massive issues facing seniors and caregivers and

**IMPACT in 2013**

In 2013 COA began two studies: elder abuse and grandparents raising grandchildren. It is this investigative process that makes COA unique. Some have described us as a “Think Tank” for senior issues. We bring together not only experts from various agencies but also passionate community volunteers to thoroughly investigate the issues and create sustainable solutions.

Sometimes these investigations are of difficult topics. One subject that no one likes to talk about is elder abuse. While several agencies have addressed the topic, unfortunately as a result of lack of funding or momentum, these projects have not been sustained.

With funding from the West End Home Foundation, COA is now able to bring together community experts around this important issue and build upon the foundation of existing elder abuse expertise in Middle TN. Various agencies are sharing their knowledge and materials, identifying challenges to creating sustainable programing, and developing strategies to maximize the impact of existing resources.

Our committee partners include:

- Area Agency on Aging & Disability
- Commission on Aging & Disability
- FiftyForward
- Home Safe of Sumner County
- Legal Aid Society
- Mental Health America
- Metro District Attorney’s Office
- Metro Police Department
- Metro Social Services
- Park Manor, Sexual Assault Center
- TN Adult Protective Services
- TN Vulnerable Adult Coalition
- You Have the Power
- YWCA and others.

The ad-hoc committee is looking at all types of elder abuse—physical, mental, emotional, sexual, and financial abuse, as well as neglect and self-neglect. Quite an undertaking! Presently the group is learning from those who work with this topic daily as well as documenting barriers that exist to caring for victims of elder abuse.

**IMPACT in 2013**

- Did you know that Tennessee is one of the few states where Adult Protective Services can only investigate cases of financial abuse when it involves a government check?
- Did you know that there are no shelters in our area that can accommodate seniors who need help with activities of daily living? The hard part—driving change—is still ahead.

As a result of the many calls we received from grandparents looking for help, COA’s Community Assessment Committee has decided to explore the topic of grandparents raising grandchildren. As many as 1 in 20 children in Tennessee are being raised by their grandparents. Many issues such as incarceration, drug abuse and neglect lead to grandparents taking on an active parenting role. The family situation can be filled with a myriad of challenges and dynamics. Contacts in both the school system and the judicial system have confirmed that few resources exist, specifically in support of the grandparents.

By year’s end, COA will have a resource booklet followed by a “train the trainer” event in early 2014. The booklet will include information on legal/financial matters, working with schools, learning/living with the different age groups, technology and health.
What an amazing year it has been for COA! We have reached more seniors and caregivers than ever before. How did we do this?

With seniors, professionals and caregivers giving generously of their time, talent and financial resources nearly 200 volunteers, including current professionals in the aging field, retirees, college students, and active older adults, donated over 3,500 hours to COA in 2013. Their time is valued at over $77,000.

COA staff and volunteers have made over 60 presentations to churches, employee groups, health fairs on senior issues.

The number of information and referral calls to the COA office increased by 36% in 2013. The length of calls has increased by 39%. A notable reason for our extended reach is significant funding from The West End Home Foundation.

Three new events helped COA keep its past Board members, potential corporate partners, current and prospective donors aware of COA’s many activities and opportunities. We are grateful to St. Thomas Health, Valinda Burks State Farm Insurance, and Lipscomb University’s School of TransformAging for sponsoring these events.

COA coordinated an extensive campaign to educate seniors and their families about the new mandatory electronic deposit of social security benefits. Working through our Leadership Council and media partners, we were instrumental in attaining a 70% compliance rate by the end of the campaign. We are thankful for support on this effort from The Community Foundation of Middle Tennessee.

By partnering with other organizations, our Scam of the Month email blast now reaches an estimated 7,500-10,000 each month.

Tips for Transporting Older Adults, a collaboration between COA & the Belmont University School of Occupational Therapy, is a DVD and YouTube video showcasing the correct way to assist older adults with wheelchairs and walkers. Through a grant from the West End Home Foundation, this DVD is being distributed to area churches, senior centers and independent living facilities.

Our Leadership Council is working with NPT and its Aging Matters series of documentaries by providing impartial and in-depth knowledge of the issues. The report is a major multi-year initiative designed to open a community-based conversation about what Middle Tennessee’s older citizens’ need to optimize their quality of life and what the community needs to do to prepare for a coming explosion in our aging population.
41,000 copies of the 2013-2014 Directory of Services for Seniors—our largest printing and with the most sponsors ever—will assist more seniors and caregivers navigate the often complex and intimidating system of senior services!

A number of things make this directory so valuable:
- It is well organized which makes it user-friendly;
- It lists a wide variety of agencies and activities, and this helps provide a sense of hope;
- It says to the troubled and to those who face challenges: people care, you are not alone, you can get help.

A Grateful User

A special thank you to the sponsors who help to make the Directory publication possible:

- GNRC - Area Agency on Aging & Disability
- A. Michelle Poss, Attorney at Law
- Aging in Place Transition Services
- Alive Hospice
- Always Best Care Senior Services
- Alzheimer’s Association
- Avalon Hospice
- Barton House
- Belmont Village Assisted Living
- Blakeford at Green Hills
- Blue Cross Blue Shield of Tennessee
- BrightStar Care
- CareAll Home Care Services
- Caregivers by WholeCare Connections
- Caring Senior Service
- Caris Healthcare
- Carrington Adult Day Health Services
- Centersline
- Creekside at Three Rivers
- Cumberland at Green Hills
- Cumberland Trust & Investment
- Elder Law Practice of Timothy L. Takacs
- Elder Options Care Consultants, LLC
- Elledge Case Management Services
- Family Legacy Funeral Homes
- Family Staffing Solutions, Inc.
- First Light Home Care
- Gallatin Health Care & Rehabilitation
- Goodwill Industries of Middle Tennessee, Inc.
- Grace Healthcare of Whites Creek
- Grace Manor Assisted Living
- Griswold Home Care
- Guardian Home Care & Hospice
- HealthSpring
- High Point Homecare
- High Point Hospice
- Home Health Care of Middle Tennessee
- Home Instead Senior Care
- Homewood Residence at Brookmont Terrace
- Holiday Retirement Corporation
- Hospice Advantage
- Lakeshore Estates, Inc.
- Let’s Get Moving!
- Life-Links Geriatric Care Management, LLC
- McKendree Lambuth of Gallatin
- McKendree Village
- Mental Health America of Middle Tennessee
- Metro Social Services
- Metro Development and Housing Agency
- Mid-Cumberland Human Resource Agency
- Mobility Works
- Morning Pointe of Brentwood
- Morningside Assisted Living Communities
- Nashville Christian Towers
- Nashville Pharmacy Services
- NHC Home Care
- Oasis In-Home Care
- Park Manor
- Phillips Robinson Funeral Home
- Preferred Care At Home
- Richland Place
- Rita’s Care at Home, LLC
- Rolling Hills Hospital
- Saint Thomas Health Services
- Senior Helpers
- Senior Pathways
- Sitters Plus More
- Sitters Etc.
- Sitters & More, Inc.
- SunCrest Home Health
- Suzie DeYoung, Senior Real Estate Specialist
- Fridrich & Clark Realty, LLC
- TN State Veteran’s Home
- Tri Star Behavioral Health
- United Healthcare Community Plan
- Vanderbilt Bill Wilkerson Center
- Vanderbilt Home Care
- Vanderbilt Psychiatric Hospital
- Vista Points, Inc.
- Walgreens
- West Meade Place
- Willowbrook Home Health Care Agency
- YMCA of Middle Tennessee

“The Directory of Services for Seniors has become my bible. With COA’s resources I feel much more confident in assisting my mother to maintain her independence.” Ann W.
Discover Nashville continued its sold-out sessions in both the spring and the fall.

Discover Nashville’s 7-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.

The program is possible because of the generous and sustaining support of the Memorial Foundation. The Discover Alums now enjoy a quarterly newsletter that highlights cultural, educational, and historical community happenings, as well as volunteer opportunities, spotlighting one-time and long-term volunteer roles throughout the community. COA continues to offer 3-4 alumni events each year to give graduates a chance to reconnect with classmates and explore new venues.
Released in January of 2013, Preparing and Planning for Life’s Final Chapter provides unbiased end-of-life information for families and over 1,700 copies have been distributed.

Aging and Caring: Things Families Need to Know continues to be a popular buy (over 5,000) for caregivers and a basis for numerous presentations.

The “Aging and Caring: Things Families Need to Know” book has given our clients a wealth of information that can help them in caring for their chronically ill and aging relatives. Thank you COA for this wonderful resource!

Darlene Kemp, Vista Points
Special Needs Trust

ReNEW—nutrition, exercise and wellness for older adults proved so popular that all 2,000 copies have been distributed. It’s now downloadable from our website.

COA RESOURCES PROVIDE INFORMATION and HOPE in 2013

SPONSORS
Aid and Assist At Home
Alive Hospice
Amer. Parkinson Disease Assoc.
Middle TN Chapter
Barton House
BlueCross of BlueShield of TN
CareAll Home Care Services
Comfort Keepers
Dickson Senior Center
Elledge Geriatric Care Mgt
Family Legacy
Grace Manor Assisted Living
Integrity Mortgage by Melissa Faulkner
Lakeshore Estates,
The Meadows
Life Care Center of Hickory Woods
Life Care Center of Old Hickory Village
Mid Cumberland Human Resource Agency
Oasis In-Home Care
The Manor at Steeplechase
Windlands East & Windlands South

SENIOR DAYS ON THE GENERAL JACKSON:

Thank you to the sponsors and volunteers who make this such a special experience for Middle TN seniors.

For the 20th year, COA continued its coordination of Senior Days on the General Jackson, allowing 2,000+ seniors to celebrate older Americans month.
Northwind Traders brings you the world

With Great Honorees
Larry Keeton, Lois Winston, George Cate and Douglas Henry (fr.ctr.)

The 21st Annual Sage Awards was our largest ever in terms of attendance and funds raised!

Special Thank to Sponsors & Patrons

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Vista Points Special Needs Trusts
It is with great appreciation that we recognize the donors to COA

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$10,000+
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The Memorial Foundation
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Rev. Bill Barnes
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Ernestine Foster
Stephanie & Ernest Freudenthal
Ruth Garrett
Howard Gentry, Jr.
Mary Gill
Evelyn & Richard Goldberg
We are so grateful for the leadership of outgoing President Joycelyn Stevenson. She plans to remain active with COA as Past President in spearheading COA University. Beverly Patnaik will assume the presidency in 2014. A smooth transition is anticipated as Beverly has been serving as President –Elect for two years. She is also the Director at The School of TransformAging, Lipscomb University and an alumnus of the Discover Nashville program. Please join us in thanking Joycelyn for her service and welcoming Beverly into her new role.
Shirley Forstman Receives the 2013
Elizabeth Jacobs Distinguished Service Award
in Recognition of Her Commitment and Years of Services to COA

Elizabeth Jacobs would be so happy that Shirley Forstman is the 2013 winner of the Elizabeth Jacobs Distinguished Service Award! Shirley and Elizabeth were both active with the Council of Community Services (CCS) when in 1985 Elizabeth recruited Shirley to a new “committee”—Council on Aging. Together with a small handful of advocates, they helped to lay the groundwork for an organization that still identifies issues and works for collaborative solutions to those issues, just as they envisioned.

Shirley has been a dedicated volunteer and leader of COA since its inception. Shirley served as COA Cabinet President when it was a part of CCS and then served as a member of the independent COA Board from 2001 until 2007. Beyond her role as Board President, Shirley also chaired the Directory Content Committee for several years and was an integral part of most of COA’s initiatives over the last 20+ year.

There is one particular program for which over 500 alums can thank Shirley—Discover Nashville. After living in Fort Worth, TX for a short time and experiencing a hands-on program that highlighted that community, she returned to Nashville with a desire to create a similar program in Middle TN. Shirley worked with other dedicated COA volunteers to develop the Discover Nashville Program. The program started in 2001 and continues today, with a successful history of more than 10 years exposing active older adults to the rich experiences that are available in our community.

We are so appreciative of Shirley for her service and leadership.