



Fall/Winter 2008

James S. Powers, M.D. receives first Elizabeth Jacobs Distinguished Service Award



James Powers, M.D.

The COA Board of Directors is proud to announce that **James S. Powers, MD**, is the first recipient of the **Elizabeth**

Jacobs Distinguished Service Award. The Award presentation is set for the COA Annual Meeting on December 8, 2008. In addition a plaque will be hung in the COA office with the listing of each year's award recipients.

The annual Award was established this year to recognize a volunteer or collective group of volunteers who have given selflessly of his/her time, talents, resources and abilities in furthering the

mission of COA to find comprehensive solutions for the unmet needs of seniors and caregivers.

Dr. Powers was a unanimous choice because of this long time service on the COA Board (previously the Cabinet) and as chairman of the Legislative/Advocacy Committee for over 10 years. While serving as Associate Professor of Medicine at Vanderbilt University Medical Center and the Veterans Administration Hospital, Dr. Powers is also known as a most compassionate, concerned and respectful geriatrician. A leading champion on senior issues, his advocacy of home and community based services goes back decades.

He has testified at Metro Budget hearings as well as state legislative hearings.

It is most appropriate that Dr. Powers is the inaugural winner of this award as he invited Elizabeth Jacobs to speak to his medical students to have her tell them what seniors wanted from health professionals and also what they didn't like. The presentation proved immensely popular and was repeated for several years.

The Award is named for the founder of COA, Elizabeth Jonas Jacobs, who recently died at the age of 101. Elizabeth was a pillar of this community and served in leadership roles in numerous organizations and councils.

COA publishes 15th edition of the *Directory of Services for Seniors*

The way most people first learn about COA is through the ***Directory of Services for Seniors***. This comprehensive, impartial listing of services for seniors and their families is published every other year in January.

The 15th edition will be available in **January 2009**. As with previous editions, copies will be available at libraries in the 13 counties of northern Middle Tennessee. The book is free for seniors and families; cost is \$5 for professionals. The COA office can mail

a copy upon receiving a check for \$3 to cover postage.

The Directory is also used by area professionals working with seniors, who call it their "bible." It is anticipated that approximately 35,000 copies of the 2009-2010 edition will be printed. Funding for the project is obtained from grants and sponsors. We would like to extend a special **thank you** to all sponsors for making the 15th edition possible.

Are you a current donor to COA? If so, you are entitled to receive a copy of the new directory as soon as it becomes available. Current donors may pick up their copy at the COA office.



Look for the 2009-10 edition of the *Directory of Services for Seniors* at your neighborhood library soon!

COA elects new officers and board members

COA is pleased to announce the officers and new additions to the Board of Directors for 2009. Terms begin January 1, 2009.

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Thank you to retiring board member, Jessica Younger, for her dedicated service to COA.

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Council on Aging of Greater Nashville

From the President's Desk



As 2008 is drawing to a close, I find myself reflecting on what must be the most action packed year in COA history!

You will learn of the outcomes and impact on Nashville as you read this edition of the newsletter.

COA is in a unique position to provide a forum for community leaders interested in aging issues to come together to find comprehensive solutions for the unmet needs of seniors and caregivers.

Aging is no respecter of per-

sons – it cuts across all socioeconomic groups, races and cultures. You will find COA addressing issues that face all aging persons: Need for information – our *Directory*; Caregiving – *Aging & Caring: Things Families Need to Know* – a comprehensive resource guide; Transportation – transportation initiatives; Socialization – Discover Nashville & Sr. Days on the General Jackson; and the Baby Boomers are coming!! Work is in progress to address this issue as it impacts employment, healthcare, housing and supportive services.

I would be remiss in not thank-

ing our faithful financial supporters and our many volunteers who make our work possible. COA works through 16 committees made up of volunteers who bring their wide range of experience and expertise to the project at hand. In addition, words do not adequately express my appreciation for the commitment and excellent work of our staff: Maribeth Farringer, Donna Kumar, Paula Daigle and Grace Smith. They ensure we that stay on track with our work.

— Caroline Chamberlain
COA President

Fulton, Jenkins, & Kaplan honored at Sage Awards™



Richard Fulton

The Council on Aging of Greater Nashville presented the 2008 Sage Awards™ at its annual luncheon on Thursday, October 16, 2008 to three outstanding individuals: former Nashville mayor, **Richard H. Fulton**, community advocate and volunteer **Renee Jenkins** and community organizer and fund raiser, **Irma B. Kaplan**.

The Sage Awards, presented each year since 1992, are given to older adults who have made outstanding contributions to the well-being of

Nashville's citizens through a lifetime commitment of working to improve the quality of life in their communities. This year's recipients are exemplary individuals who embody the very spirit of the award.



Renee Jenkins

At this year's event **Harriet Foley**, 2005 Sage Award recipient, served as the honorary chair for the event and local personality, **Chris Clark** as master of ceremonies. Entertainment was provided by the *Senior Center for the Arts* under the direction of

Kaine Riggan.

Mayor Karl Dean also attended the luncheon and gave a tribute to honoree Richard Fulton.



Irma Kaplan

COA would like to thank all donors and table sponsors for making this event possible. A special thanks to committee members Mary Churchwell, May Dean Eberling, Lee Fairbend, Steve Mathews, Janie Parmley, Lottie Strupp, and Jessica Younger for their work and dedication to making the event memorable for the 2008 honorees.

Legislative/Advocacy Committee keeps pulse on issues



givers as consumers, and

The Legislative/Advocacy Committee discussed healthcare proposals to address problems of the uninsured, care-

givers as consumers, and transportation issues. Members of the Committee advocated to have healthcare concerns tied to economic issues to promote greater awareness. The Committee offered assistance to Patti Killingsworth, Chief of Long Term Care, Bureau of

TennCare in implementing the Governor's Home and Community Based Care Program.

— James Powers, M.D.
Legislative/ Advocacy Chair

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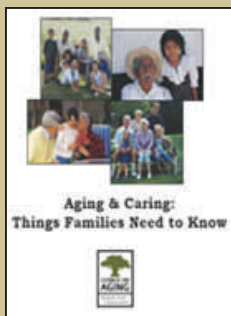
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Caregiver resource guide helps families

Imagine you just visited your Dad at Thanksgiving and you noticed some changes in him... he was thinner, he had noticeable difficulty getting around in the house or getting in and out of the car, he was a bit grumpy, or maybe he seemed depressed.

Whether you realize it or not, you just entered the world of being a caregiver for your Dad. Most adult children finding themselves in this new role have no idea where to begin, who to call, or how to talk



to Dad about his care. We can help. COA has published a comprehensive resource guide for caregivers titled **Aging & Caring: Things Families Need to Know**. The book covers the questions that come up such as having a family meeting, financial planning, how to talk to your doctor, etc.

Over 1000 copies of the book have been sold in 2008 and another printing is coming. You can get a copy for \$10 by contacting the COA office or by visiting our website to download an order form.

Council on Aging of Greater Nashville

Summit makes employers aware of boomer issues



The Advisory Council held its second *Face of Aging*

2030 event at the HCA Auditorium on November 13th. This year's event titled **Face of Aging 2030: Implications for Businesses**, targeted at middle Tennessee employers, and was well attended. This initiative, launched in 2007, has a two pronged focus:

1. Highlighting the significant impact aging boomers will have on our community and its many stakeholder institutions from government to business
2. Facilitating "out-of-the box" thinking and proactive planning to prepare for the changes.

MetLife's Buster Kenney provided the keynote address that highlighted the two most significant productivity issues impacting the bottom-line of businesses as boomers age:

caregiving by employees and lost intellectual capital when boomers leave the workforce.

A panel consisting of representatives from First Tennessee Bank, Vanderbilt University, and Paradigm Group presented adopted strategies and steps taken by their respective organizations to address the issues of caregiving and aging boomers in the workplace. Presentation topics included **managing a multi-generational workforce, employer-sponsored support services for aging boomers as employees and caregivers and a workplace redesign that produced a phased retirement program**. The panel presentations were rounded out by a true case presentation from Centennial Medical Center, one that has set that organization on a journey to assess it's capacity to respond to aging boomers as a distinctive member group of a diverse workforce.

Like Centennial, many organizations are just beginning the process that recognizes and quantifies the impact of aging

boomers on the workforce in order to plan for the unprecedented number of senior boomers that will be represented in the future workforce.

Attendees received a toolkit to assist their organizations in the assessment and planning process, including assessment tools to quantify the impact and a step-by-step guide for organizations on responding to caregiving issues of their employees. Also included was a COA developed resource list to aid organizations in gaining further knowledge about the issues, strategies, lessons learned and best practices during the planning stage.

The Advisory Council will continue its work on the 2030 series into 2009 through a combination of COA sponsored events and collaborative efforts with other organizations.

— Vickie Harris
Advisory Council Chair

COA's website visits hit 70,000 per month



The COA website is a busy place on any given day — especially between the hours of 4-8 p.m. This is the time we find most adult children doing research to assist their parents, aunts, uncles, neighbors, and friends who are needing assistance in some way. In fact, 70,000 of them a month visit the site.

Those visiting the COA website can find many tools and

resources to help them with their loved ones. The most visited part of our website is the online version of the *Directory of Services for Seniors*. Updated monthly, this is a bright spot for many seeking information and assistance.

Another popular place on our website is the *News You Can Use* page which lists current issues and links for more information or assistance. And the Discover Nashville page is

also a happening place. We update our website frequently to keep our visitors informed. Be sure to stop by the site often... you never know what you might learn.

i Business owners/marketers... Your agency or business can gain exposure through our website by placing your logo and a link to your site in our online Directory. Contact Donna Kumar at 353-4235 for more information.

www.councilonaging-midtn.org

Fall/Winter 2008

Discover alumni volunteer at Second Harvest

Each year Discover Nashville alumni gather to continue their educational interests in the city. Usually their events include tours or lectures, but this fall, the group gathered for its first service project at Second Harvest Food Bank.

Discover alumni came together in November to label and pack cans for distribution through Second Harvest. In an hour's time, the group processed over **3,000 pounds** of canned

beans and were eager to keep going! In addition to the service project, those attending also do-



nated over **100 pounds** of peanut butter for the food pantry.

After the work, the group toured the warehouse and canning facility at Second Harvest and then visited the culinary arts center for a Cajun buffet lunch.

This project is just one example of how Discover alumni

make a difference in the Middle TN area. Each year the alumni collectively volunteer 10,000+ hours to area charities, organizations and institutions. The alumni look forward to their next event in the spring and plan to return to Second Harvest to beat their 3,000 pound packing record.



Mark Your Calendar



Be sure to mark these important dates on your calendar...

December

8 — Annual Meeting featuring a keynote address by Gov. Winfield Dunn. Noon-1:30 pm.; St. George's Episcopal Church. Lunch is \$5 at the door. Please RSVP to 353-4235.

January

15th edition of the Directory of Services for Seniors available at the COA office & public libraries.

29 — Transportation for Seniors: A Community Call to Action, West End United Methodist Church. Check our website for more details closer to event date.

March

4 — Discover Nashville Kickoff

11 — Discover Nashville, first excursion (Wednesdays through April 29).

May

12-14 — Senior Days on the General Jackson Advanced reservations required. Call Heather Amaral at 331-6528 to be added to the mailing list.

To be scheduled...

• **Discover Nashville Alumni Events**—location to be determined. Alumni, watch your email or mailbox for more information.

• **18th annual Sage Awards**

• **ABCs of Long Term Care**

Are you 55 or older?

If so, you **need COA. And we need you.** The work we do now greatly impacts the quality of life for seniors in the Middle TN area. COA operates solely through grants, sponsorships and individual donations. **Your help is needed now more than ever** as the senior population grows to its largest number in history. Your donation is appreciated and helps us to fulfill our mission of identifying needs and finding solutions for the unmet needs of seniors and caregivers. Please send your tax deductible gift today (*Gifts are tax-deductible to the maximum allowed by law*).

Name: _____

Address: _____

City/State: _____ Zip: _____

Email Address: _____

(COA does not share or sell its email list).

Phone: _____

Giving levels:

(\$50-199) (\$200-499) (\$500-999) (\$1000-1499)
 (\$1500-2499) (\$2500-4999) (\$5000 +) Other amount: _____

Enclosed is a check for \$ _____ (please make payable to COA)

I am interested in the following volunteer opportunities with COA:

Office work/ mailings Sr. Days on the General Jackson Community Assessment
 Development Publicity Legislative/ Advocacy Special Events Other _____

Mail this form to: COA ♦ 95 White Bridge Road, Suite 114 ♦ Nashville, TN 37205



The Council on Aging of Greater Nashville

IDENTIFYING NEEDS. FINDING SOLUTIONS

95 White Bridge Road
Suite 114
Nashville, TN 37205

Phone/Fax: 615-353-4235

Email: info@councilonaging-midtn.org

Web: www.councilonaging-midtn.org

Transportation project brings new options for Nashville area seniors

Thanks to a recent grant from the Frist Foundation, the Senior Transportation Project will continue!

Here is an update on various aspects of the project:

Plans are in full swing for **Transportation for Seniors: A Community Call to Action,** COA's senior transportation summit planned for **Thursday, Jan. 29th, 2009** at **West End United Methodist Church.**

The meeting is intended to bring together a wide variety of individuals from the community, particularly those from faith-

based organizations, to raise awareness of the transportation needs of older adults, and to inspire creation of sustainable, community-based solutions. Our hope is that several community coalitions will be formed to create new door-through-door transportation options for seniors.

Speaking of new options, COA helped the **FiftyForward J.L. Turner Center in Bellevue** obtain federal and state funding to start a shuttle to & from the center, weekly grocery delivery, and volunteer rides to medical appointments.

JUMP's Senior Shuttle in North Nashville is up and

running! The shuttle provides bus service to eleven senior housing communities with rides to certain locations on certain days. For more information, call the Jefferson Street United Merchants Partnership office at 726-5867.

Grace Smith & Dave Morris helped **TDOT** develop a proposal for a **statewide Older Driver Safety plan** which was one of only seven state plans selected for funding by the National Center on Senior Transportation. Members of the TDOT-led team attended a two-day planning meeting to further develop the statewide plan. Since

then, COA helped TDOT refine the state plan and, as a result, the Tennessee proposal was one of only two state plans recently selected for additional funding!

"Nashville Rides Guide," created by Community Assessment Committee member Lee Stewart, is available at COA. The guide is an easy to use brochure for seniors who need to know their transportation options. Thanks to Metro Social Services for printing the first batch of these brochures. This resource is also available on the COA website.

— Grace Smith
Transportation Manager



Scams ... Be a Victor, Not a Victim

Last year, COA began a monthly *e-blast* to serve as an alert to known scams targeting seniors. The response to this communication has been very positive! If you would like to be added to the e-blast list or you know of a scam, send an email to scams@councilonaging-midtn.org.