

April 2023

Boomers, Elders, & More E-Newsletter

Monthly Elder Care Newsletter of the Vanderbilt Child & Family Center



VCFC Resources

VCFC seeks to establish a community of support. Understanding the changing needs of the Vanderbilt community helps to create impactful programming. [VCFC maintains a list of resources](#) for caregivers. If you have ideas for activities or speakers that would benefit seniors and/or caregivers, please contact: famcenter@vanderbilt.edu



Boomers, Elders, and More!
[E-Newsletter available.](#)

Vanderbilt University transitioned to [new well-being and employee assistance program](#) services starting in 2023. For more information please email Wellbeing@vanderbilt.edu.



Along with EAP and mental health services, Lyra also provide opportunities for individuals to participate in small group discussions, led by subject matter experts and clinicians. In April they have a session named, Working While Grieving. The details are below and how to register. It is free to Vanderbilt employees if you would like to share with those on your listserv.

Working While Grieving

April 6 | 9-10A PST
April 27 | 12-1P PST

Grief is one of the most common human experiences, yet it's one of the least discussed and understood. Grief impacts our ability to be present and fully engaged, especially at work. Join this Gathering to discuss the ways grief impacts work and share helpful strategies to make room for both.

Facilitator: Diamond Thaxton

To register go to learn.lyrahealth.com with customer code #vanderbilt511

LOCAL SUPPORT GROUP HOSTED BY THE ALZHEIMER'S ASSOCIATION AND THE VANDERBILT MEMORY & ALZHEIMER'S CENTER

In collaboration with the Alzheimer's Association, we offer support groups for individuals recently diagnosed with mild cognitive impairment or early stage Alzheimer's disease and their loved ones.

The support group offers a comforting environment for people with new onset or early symptoms of memory loss to talk with other adults who understand their experience.

HOW DOES IT WORK?

While individuals with memory loss are participating in one group, their loved ones (such as spouses, partners, and adult children) attend a second group held at the exact same time. This group not only provides helpful resources, but it also provides the opportunity to connect with family members who appreciate the experience of having a recently diagnosed loved one.

When and where are the meetings?

These support groups meet monthly in the early evening at the Vanderbilt Memory & Alzheimer's Center. The group is currently meeting virtually via Zoom due to COVID-19 safety measures.

How do I sign up?

To learn more or reserve your spot for an upcoming meeting, please call Sydney Wilhoite at (615) 875-9601 or email sydney.wilhoite@vumc.org.



Study Points to the Importance of Positive Relationships for Healthy Aging

“The surprising finding is that our relationships and how happy we are in our relationships has a powerful influence on our health,” said [Robert Waldinger](#), director of the study, a psychiatrist at [Massachusetts General Hospital](#) and a professor of psychiatry at [Harvard Medical School](#). “Taking care of your body is important, but tending to your relationships is a form of self-care too. That, I think, is the revelation.”

If you have 12 minutes to spare listen to this [TED talk](#) about a historic study on what makes people happy!



Tax Filing Support for Seniors

The IRS Volunteer Income Tax Assistance (VITA) and the Tax Counseling for the Elderly (TCE) programs offer free tax help for taxpayers who qualify April 1 – 15, 2023:

Goodlettsville Library VITA

205 Rivergate Parkway
Goodlettsville, TN 37072
615-830-7940

Volunteer Prepared Taxes

[Get Directions and Service Details](#)

Bordeaux Library Branch

4000 Clarksville Pike
Nashville, TN 37218
615-830-7940

Volunteer Prepared Taxes

[Get Directions and Service Details](#)

TSU Avon Williams

330 10th Avenue North
AWC 250
Nashville, TN 37203
615-830-7940

Volunteer Prepared Taxes

[Get Directions and Service Details](#)

Westwood Baptist Church

2510 Albion Street
Nashville, TN 37208
615-830-7940

Volunteer Prepared Taxes

[Get Directions and Service Details](#)

Pruitt Library Branch

117 Charles E. Davis Blvd
Nashville, TN 37210

Volunteer Prepared Taxes

[Get Directions and Service Details](#)

Woodbine Community Center

635 Spence Lane
Nashville, TN 37217

Volunteer Prepared Taxes

[Get Directions and Service Details](#)

St Lukes Community House

5601 New York Avenue
Nashville, TN 37209
615-830-7940

Volunteer Prepared Taxes

[Get Directions and Service Details](#)

Belmont - The Store

2005 12 Ave S.
Nashville, TN 37204

Volunteer Prepared Taxes

[Get Directions and Service Details](#)

Conexion Americas

2195 Nolensville Pike
Nashville, TN 37211
615-270-9252

Volunteer Prepared Taxes

[Get Directions and Service Details](#)

The Redeemed Christian Church of God

2128 Murfreesboro Pike
Nashville, TN 37217

Volunteer Prepared Taxes

[Get Directions and Service Details](#)