

**Our Mission:** To enrich the lives of older adults through *grantmaking, advocacy and community collaboration*



**West End Home**  
FOUNDATION

# AGING MATTERS

## Dental Health



### NPT Reports: Aging Matters “Dental Health”

Nashville Public Television’s Aging Matters series continues to address critical issues impacting our aging population. On September 27, NPT premiered its newest documentary, entitled “Dental Health”. This program was supported by funding from the SeniorTrust/ElderTrust settlement funds and will be broadcast throughout the state. In addition to increasing awareness of the importance of oral health as we age, the program will help connect older adults to affordable dental care available through a new statewide senior dental initiative led by Interfaith Dental. This initiative is also funded with SeniorTrust/Elder Trust settlement funds.

On May 31, NPT released the Aging Matters documentary entitled “Loneliness and Isolation”. It addresses the complicated relationship between loneliness and isolation among older adults, the negative impact that loneliness and/or isolation can have on health and longevity, and strategies to reduce or prevent their occurrence.

The West End Home Foundation has been a key funder of NPT Reports: Aging Matters since its inception. The series began in 2013 and has produced twelve documentaries—many have aired nationally. All episodes address a critical issue and serve as a springboard for community dialogue about how to support and enhance the quality of life of people as they age.

Visit [www.wnpt.org](http://www.wnpt.org) to view the Aging Matters documentaries. If you’d like a DVD of one or more of the programs, please contact the WEHF office.

**69%**  
of older adults  
surveyed reported  
dental care as  
among their  
top three needs,  
according to the  
The Tennessee  
State Plan on Aging.

## 2018 Officers and Board of Directors



(L to R) Peggy Craig, Caroline Shockley, Margaret Smith, Kim Hardin, Maribeth Farringer

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## Message from the President



The fall always signals a return to busier lives and schedules as the languid days of summer give way to the heightened pace of the last quarter of the year. At WEHF this means we are working hard reviewing grants

for 2019 funding. I and the fifteen other women I am privileged to serve with on this board have a duty to honor the legacy of those who came before us to choose the very best projects that provide for the needs of older adults in Davidson and the surrounding counties.

This year we have 47 projects to review totaling \$3.2 million that span seven different focus areas: advocacy, enrichment, food and nutrition, health, housing, transportation and wellness and supportive care. We are grateful for the leadership of our organization over the past 125 years that has allowed us to be in the fortunate position of being philanthropists that help older adults age with dignity.

In an effort to recognize our rich history of supporting aging with dignity since 1891, we have commissioned a historical marker to be placed on West End Avenue at Park Place where the West End Home for Ladies stood for many years. We look forward to sharing that dedication ceremony with you and hope to see many of you there.

I wish you all a wonderful fall and many opportunities to enjoy it.

With Gratitude,  
Margaret Smith

SAVE THE DATE

## Old Woman's Home Historical Marker Dedication

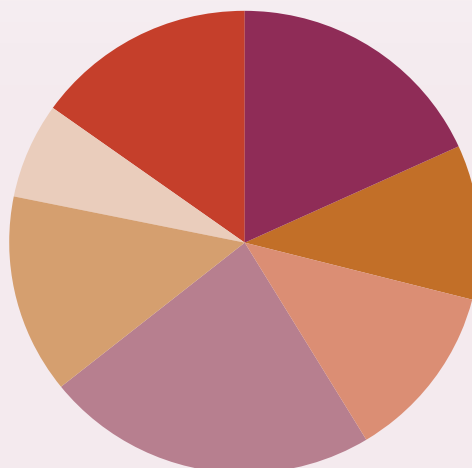
Monday, November 5, 2018  
8:30 a.m.

The French Shoppe  
2817 West End Avenue

*Invitation to Follow*

## Our Impact in the Community

The West End Home Foundation is supporting **thirty-five projects** in 2018 in the Middle Tennessee region. All funded projects are aligned with our Foundation's mission to enrich the lives of older adults.



### Areas of Impact Addressed by 2018 Grant Awards:

**\$1,668,000 Total**



## Opioids and Aging



The opioid epidemic has touched every segment of our population, including older adults. Not only are older adults at risk of becoming addicted, they are

at greater risk for potentially dangerous side effects including depressed respiration, confusion, loss of balance, dizziness and falls. Many older adults become victims without ever taking a pill as evidenced by the increasing number of grandparents raising the children of addicted parents and the rise in elder abuse and financial exploitation attributed to opioid abuse and addiction.

The West End Home Foundation, in partnership with Allied Against Opioid Abuse, AARP Tennessee, Grantmakers in Aging, FiftyForward and You have the Power, sponsored a program entitled "Opioids and Aging: Understanding, Responding and Preventing Abuse". John Feather, President of Grantmakers in Aging presented results of national research on the impact of the opioid epidemic on older adults. A panel discussion with local experts stressed the importance of education and support for older adults who have been impacted or are at risk of being impacted by the opioid epidemic. The program was attended by approximately 75 nonprofit and healthcare professionals.

## Agency Spotlight — Westminster Home Connection

Westminster Home Connection repairs and modifies homes to empower older adults and people with disabilities to age in place safely. Westminster was founded in 2010 in response to the devastating flood and has become our community's largest nonprofit provider of home repairs and mobility modifications for this target population.

A typical client has \$1,300 in monthly household income and is unable to pay for essential modifications like grab bars, wheelchair ramps and accessible bathrooms, or costly repairs, like roof or HVAC replacements. Relatively simple repairs like plumbing leaks often go unattended, causing the home to deteriorate and become unsafe. Westminster focuses first and foremost on the needs of the client and what it will take to enable the client to live with dignity in a safe and functional home. In addition to home repairs and mobility modifications, Westminster offers sort-pack-move services for seniors who are downsizing or moving.



Mrs. S, age 64, could no longer step over the tub side to bathe. With an 'EasyStep' tub modification she says, "I'm so much safer now and happy! You have helped me be able to stay in my home. Thank you!"

The West End Home Foundation issued its first grant to Westminster Home Connection in 2012. In the last five years, the agency has helped 850 seniors living in 650 homes. Today, 48 agencies refer older adults to Westminster. With six employees, 40 subcontractors, and 3,000 volunteer hours, Westminster will continue to have tremendous impact in our community by helping older adults thrive in their own homes.

To volunteer at a monthly wheelchair ramp build, or to work on a declutter or pack team, contact Keith at 615-477-4948 or [Keith@WestminsterHomeConnection.org](mailto:Keith@WestminsterHomeConnection.org).



SeniorTrust /ElderTrust Grant Signing (left) Jim Shulman, Executive Director, Tennessee Commission on Aging & Disability; (right) Keith Branson, Executive Director, Westminster Home Connection  
Westminster received a \$1 million grant from the Senior Trust/Elder Trust settlement that will enable them to increase their capacity significantly during the next three years in middle Tennessee and build services in east and west Tennessee.



## West End Home FOUNDATION

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[www.westendhomefoundation.org](http://www.westendhomefoundation.org)

### Fond Memories of the Past By Eleanor Hersh

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*Excerpt from the March 2001 edition of The West End Home for Ladies Newsletter*

The area surrounding the West End Home for Ladies has changed a great deal in the past fifty years.

The old Home then faced West End Avenue and was surrounded by a large lawn. The shops adjacent to the home were varied. The shop next door kept live chickens for sale. The customer would chose the chicken she wanted and it was slaughtered and dressed while she waited in the front of the store. There was a Hippodrome; and next to it was the roller skating rink where one night a week wrestling matches were held.

Where the Cooker Restaurant stands, was the A & P Grocery Store; and Wendy's Restaurant was a drive-in laundry service called the Colonial. Our main street, Vanderbilt Place, had homes on both sides of the street. The homes were for the most part like the ones still left on the side streets today. At the corner of West End and Blakemore where the Am South Bank now stands, was a gourmet grocery called Richland Market; and they delivered too. Across West End from the Am South Bank was the "Landmark" apartments, the Jacksonian, where now a Walgreens Drug Store is located.

I wonder what the next fifty years will bring?



Mrs. Hersh lived at the West End Home for Ladies and then the Blakeford for over 26 years until her death in 2012 at the age of 102.