



APPROVED
SENIOR NETWORK



Touching 
Hearts® at home
The heart of home care.

Brought to you by
Touching Hearts at Home

Call Your Local Experts:

(629) 209-5354



Touching Hearts at Home of Middle Tennessee

(629) 209-5354

Touching Hearts at Home of Middle Tennessee is locally owned and operated, combining the experience of owners, Bryan and Haley Johnson, with the resources of a National Home Care company that has been providing Non-Medical Home Care services to older adults, seniors, and people with disabilities since 1996. We set the standard of excellence in the industry by bringing quality care, safety, and companionship to the lives of our clients. Integrity, compassion, and kindness are at the heart of our business.

We have lived in Middle Tennessee our entire lives and are committed to providing quality home care to those in need. We share a love for our daughter, Ella, and take pride in showing her that you can build a successful business while serving others. We are driven by a love for people that was passed down to us by our parents and grandparents. "Family first" is at the core of who we are and we want to help families find balance in their time of need.

As the demand for Non-Medical In-Home care increases, we are sensitive to the challenges that families face as they make a decision. We pride ourselves in creating a customized plan of care that will fit the needs of each client. Every family has a unique story and we want to play a key role in ensuring that your next chapter will be looked upon with fondness and the peace of mind that comes from knowing your loved one is enjoying a better quality of life.

Touching Hearts at Home of Middle Tennessee is committed to putting the "HEART" back into home care by hiring passionate and dedicated CAREgivers.

Providing our caregivers with a strong foundation of support through communication, education, and appreciation is important to us. We value the people we serve and those who serve alongside us.

As you make your decision regarding care of your loved one, know that we would be honored to partner with you on this journey. May God bless you and yours in the days ahead.

**Touching Hearts at Home
of Middle Tennessee
(629) 209-5354**

Alzheimer's Association Middle TN

1-800-272-3900

We are committed to serving those currently living with Alzheimer's and their caregivers.

With resources that reach all 95 counties, you're never far from the help we provide.

Through fundraising, advocacy and research we're fighting for a world without Alzheimer's.

478 Craighead St. Suite 200
Nashville, TN 37204

Counties served-

Bedford

Cannon

Cheatham

Coffee

Clay

Davidson

DeKalb

Dickson

Franklin

Giles

Hickman

Houston

Humphreys

Jackson

Lawrence

Lewis

Lincoln

Macon

Marshall

Maury

Montgomery

Moore

Overton

Pickett
Perry
Putnam
Robertson
Rutherford
Smith
Stewart
Sumner
Trousdale
Wayne
White
Williamson
Wilson

We have over 30 support groups in the Middle TN and the South Central TN area. One of which is for those in the early stages of Alzheimer's/dementia. Please go to alz.org/tn or email khyde@alz.org for a list of groups.

If you are interested in starting a support group, please contact your local office, [1-800-272-3900](tel:1-800-272-3900).

We are looking for new Support Group Facilitators in all of our areas, but especially in some of our more rural counties. If you are interested in becoming a facilitator please email Katie Hyde at khyde@alz.org. We have the largest need in the following counties: Bedford, Cheatham, Coffee, Dickson, Franklin, Giles, Hickman, Houston, Humphreys, Lawrence, Lewis, Lincoln, Marshall, Maury, Montgomery, Moore, Perry, Robertson, Stewart, and Wayne.

Research & Trial Match

Trial Match is the Alzheimer's Association free matching service for healthy volunteers and those with the disease to get matched with pharmacological and non-pharmacological studies in their area. We know that finding a cure greatly depends on participants for these types of studies. Some studies may even compensate the caregiver and person with dementia. If you have started a profile, please ensure that it is completed so that you may be matched. Please visit www.alz.org/trialmatch for more information.

Local Research Spotlight: Clinical Research Associates

Mild Alzheimer's Study for those just experiencing some memory loss for those 50 to 85 years old. This treatment study is designed to help prevent the progression of memory loss. Requires that they have a trial partner to accompany them to the study visits. Includes diagnostic MRI's and Pet Scans and supervision of a physician for two years.

Memory loss prevention study for those between 60 and 85 years old that are not experiencing any memory loss. For those from 60-64 must have a first-degree relative that has had dementia. Those 65 to 85 do not need to have any family history. This is a medication study that includes diagnostic MRI's PET scans and memory studies. Those that qualify will be followed for nearly 5 years to evaluate any changes in your memory.

Sign up on line or call [615-329-2222](tel:615-329-2222)

Clinical Research Associates – Nashville, TN.

Aging and Disability Services

Greater Nashville Regional Council

220 Athens Way, Suite 200

Nashville, TN 37228

Phone: [615-862-8828](tel:615-862-8828)

Fax: 615-862-8840

The primary purpose of the Aging and Disability Program is to coordinate the delivery of services and programs which promote an environment conducive to enhancing the quality of life of the region's older population.

GNRC's information and Assistance program provides a helpline designed to assist seniors and adults with disabilities navigate through community resources and the long-term care system by providing information, referrals, and assessments. The helpline is available Monday - Friday from 8 a.m. to 4:30 p.m.

What does GNRC do to assist older adults?

GNRC offers a direct connection to services available to older adults and adults with disabilities in the middle Tennessee area. With one phone call, we can assess the specific needs of an individual and provide a range of options that allow them to choose the support they need to protect their quality of life.

What does the Information and Assistance helpline provide?

The Information and Assistance helpline is staffed by a certified counselor who will listen to your needs and concerns and provide guidance in finding services in the community that can meet your needs. Whether it is a computer class at a local senior center or in-home services for a loved one, you will get to talk to a real person to guide you through the maze of programs. GNRC counselors will assist in connecting you to the appropriate resources for your needs.

What programs and services are available?

GNRC keeps a database of over 2000 programs that offer an array of services. Although there may not be an immediate solution to your need, or a program available that can assist, we can promise that you will be able to speak with a trained professional who will listen and provide the best assistance possible.

What do these services cost?

It cost you nothing to talk with one of our trained Information and Assistance Counselors. The services that you are referred to may, or may not, have a cost. GNRC keeps a database of a wide array of services that vary in cost. Many of these services are no cost or sliding-scale, while others such as private home care or assisted living services to have a cost. As part of assessing your needs, the counselor will consider your financial situation when determining what services best meet your needs.

How do you assess someone's needs?

During the first call to GNRC, a member of our Information and Assistance team will ask questions to learn more about the specific situation and needs. Depending on the type of service needed, an in-person assessment may be provided. Our team has extensive education and experience serving clients with varying needs.

Can the Information and Assistance helpline connect me to personal care, Meals on Wheels, or homemaker services?

Yes! If you need services to assist in maintaining independence in your home, start by calling our helpline. Our Information and Assistance Counselors will listen to your concerns and discuss with you the different programs available. From there, if you want to continue with the application process we will arrange to have someone call you for a telephone interview. This interview is more extensive and will help us gain a better understanding of any physical and cognitive limitations you may have and to help us to understand the level of care you need.

Meals & Nutrition Assistance

GNRC assists with the coordination of services that provide eligible older adults with delivered meals, either at home or at congregate sites. Congregate and home-delivered meals are nutritionally balanced and contain at least one-third of the current recommended dietary allowances as established by the Food and Nutrition Board of the National Research Council. Eligible participants for this program also have access to nutrition education and counseling.

Group Meals

Congregate meals, or group meals, are provided in senior citizen centers, churches, community centers, and other facilities throughout Middle Tennessee. In addition to a nutritious meal, this program offers participants an opportunity

for socialization and participation in program activities. [Click here](#) to download local information for group meals in your area.

Home-Delivered Meals

For meals in Davidson County, contact Metropolitan Government of Nashville and Davidson County-Metro Social Services at 615-880-2292 and for meals in the surrounding counties (Cheatham, Dickson, Houston, Humphreys, Montgomery, Robertson, Rutherford, Stewart, Sumner, Trousdale, Williamson, and Wilson Counties) contact Mid-Cumberland Human Resource Agency at 615-850-3910.

Eligible participants in either the congregate or home-delivered meal programs are given the opportunity to make voluntary contributions toward the cost of the meal.

Middle Tennessee Senior Centers

The following senior centers receive funding from the Greater Nashville Regional Council.

- [Ajax Turner Senior Citizens Center](#) 953 Clark Street Clarksville, TN 37040 (931) 648-1345
- [Ashland City Senior Citizens Center](#) 104 Ruth Drive Nashville, TN 37015 (615) 792-3629
- [Byrum-Porter Senior Center](#) 9123 Highway 49 East Orlinda, TN 37141 (615) 654-3161
- [Dickson Senior Citizens Center](#) 206 West Walnut Street Dickson, TN 37055 (615) 446-9350
- [FiftyForward College Grove Senior Center](#) 8607 Horton Highway College Grove, TN 37046 (615) 368-7093
- [FiftyForward Donelson Senior Center](#) 108 Donelson Pike Nashville, TN 37214 (615) 883-8375

- [FiftyForward Knowles Senior Citizens Center](#) 174 Rains Avenue Nashville, TN 37203 (615) 743-3400
- [Gallatin Senior Center](#) 200 East Franklin Street Gallatin, TN 37066 (615) 451-1531
- [Senior Citizens of Hendersonville](#) 197 Imperial Blvd Hendersonville, TN 37077 (615) 822-8758
- [J. D. Lewis Senior Center](#) 415 Arlington Drive Erin, TN 37061 (931) 289-3848
- [LaVergne Senior Center](#) 337 Stones River Road LaVergne, TN 37122 (615) 793-3048
- [Mt. Juliet Senior Center](#) 2034 North Mt. Juliet Road Mt. Juliet, TN 37122 (615) 758-9114
- [Robertson County Senior Center](#) 601 Locust Street Springfield, TN 37172 (615) 384-6367
- [St. Clair Street Senior Center](#) 325 Saint Clair Street Murfreesboro, TN 37130 (615) 848-2550
- [Stewart County Senior Citizens Center](#) 111 General Rice Street Dover, TN 37058 (931) 232-7663
- [Trousdale County / Hartsville Senior Center](#) 270 Marlene Street Hartsville, TN 37074 (615) 374-1102
- [Torrey Johnson Senior Center](#) 206 North Church Street Waverly, TN 37185 (931) 296-2979

Transportation Services

Public transportation is available for persons 60 years of age or older to senior centers, congregate meal sites, medical appointments, shopping and other needs as noted below.

Metropolitan Social Services

Transportation to certain area nutrition sites in Davidson County. Contact Metro Social Services at 615-862-8840.

WeGo Public Transit

Seniors age 65 and older and people with disabilities qualify for a reduced fare of 85 cents on WeGo buses with one of the following ID cards: Medicare, Seniors-MTA Golden Age, or driver's license; Disabled-Medicare, Special Service, or other transit ID card for the disabled.

Medicare cardholders, who are not elderly or disabled, also qualify for a reduced fare of 85 cents on WeGo buses with their Medicare ID.

Passengers whose disabilities prevent them from using the large WeGo buses may qualify for special door-to-door van service through the Access Program. Call the Access Office at 615-880-3970 or to email an AccessRide reservation, [click here](#).

Mid-Cumberland Human Resource Agency (MCHRA)

MCHRA provides curb-to-curb transportation in the 12 counties surrounding Davidson County during the week (Monday through Friday). Reservations are requested 24 hours in advance for local trips and 72 hours in advance for out-of-county trips.

MCHRA Phone Numbers

Cheatham County	615-792-7242
Dickson County	615-446-4943
Houston County	931-289-4118
Humphreys County	931-296-2871
Montgomery County	931-647-4602
Robertson County	615-384-9335
Rutherford County	615-890-2677
Stewart County	931-232-6416
Sumner County	615-452-5868
Trousdale County	615-374-3311
Williamson County	615-790-5791
Wilson County	615-444-7433