

FTAAAD QUARTERLY NEWS



January–March 2026 Volume 14 Issue 1

FROM THE DIRECTOR

While your life might look different now than it did when you were younger, it's never too late to set goals and improve yourself. These New Year's Resolutions prove that you don't ever have to settle for things the way they are. You still have the power to improve your life, your future, and yourself, no matter what stage of life you're in.

Eat More Nutritious Foods:

Adding more nutrient-dense foods to your diet can help you feel better and have more energy.

Move Joyfully: Find a method of exercise you truly enjoy, and incorporate it into your daily habits.

Learn Something New: What have you always wanted to do, but never had the time for? Set a goal to keep learning this year.

Make New Friends: Feeling lonely and isolated actually has

serious health concerns.

Organize Your Life: What can you organize this year that will make your life easier in the future?

Sleep Better: Find solutions to sleep problems you might have.

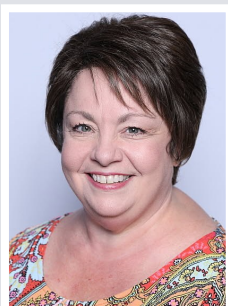
Stay Creative: Find creative outlets for your mind this year.

Preserve Your Life Story: Memorialize your life story in some way for your descendants to view.

Learn New Technology: Try to learn and keep up with today's tech, so you can continue to experience everything good the world has to offer.

Be More Authentic:

Now is the time to be truly honest with all those around you.



**Angie Gwaltney,
Director**

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Save The Date!

FTAAAD Annual Conference on Aging

April 28, 2026

MeadowView Convention Center
Kingsport, TN

KEY DATES

NET-VAC Meeting

January 7, 9:30 am
Trinity Assembly of God,
617 University Pkwy., Johnson City

NET-VAC Meeting

February 4, 9:30 am
Trinity Assembly of God,
617 University Pkwy., Johnson City

NET-VAC Meeting

March 4, 9:30 am
Trinity Assembly of God,
617 University Pkwy., Johnson City





FTAAAD RECEIVES RURAL RESILIENCY AWARD

The First Tennessee Area Agency on Aging and Disability (FTAAAD) has been honored with the inaugural Rural Resiliency Award from the Rural Health Association of Tennessee. The award was presented during the 2025 Rural Health Association Conference, where Angie Gwaltney accepted the recognition on behalf of FTAAAD.

This new statewide award was established to honor organizations that demonstrate exceptional leadership, coordination, and commitment to community wellbeing in times of crisis. FTAAAD was selected based on its remarkable response to Hurricane Helene, which brought widespread damage and disruption to rural communities across Northeast Tennessee.

Under the leadership of Angie Gwaltney, FTAAAD mobilized quickly to support older adults, caregivers, and individuals with disabilities—many of whom were among the hardest hit by the storm. The team coordinated emergency resources, conducted wellness checks, partnered with local agencies, and ensured continuity of critical services for vulnerable residents. Their efforts exemplified the spirit of rural resilience: communities standing together and neighbors helping neighbors.

FTAAAD's work during and after Hurricane Helene resulted in life-sustaining support for hundreds of residents, strengthened community partnerships, and improved readiness for future emergencies. The Rural Resiliency Award



underscores the agency's role as a trusted resource and steadfast advocate for the region's aging and disabled citizens.

Congratulations to Angie and the entire team for this well-deserved honor, and we extend our gratitude to the Rural Health Association of Tennessee for recognizing the essential work happening across rural counties in the wake of disaster.

—Courtesy of Misty Willison, FTDD

HOME ENERGY KITS

FTAAAD is thrilled to offer Home Energy Savings kits from the TVA EnergyRight program to older adults and low-income households in our service area.

These free kits include a flow-constrictor showerhead and two faucet aerators; an LED nightlight, a door sweep; and a smart power strip featuring regular outlets and USB ports.

Utilizing these easy tools can save hundreds of dollars a year in energy costs. AND TVA offers additional free services and hints for lowering energy usage on its website: [EnergyRight.com](https://www.energyright.com).

If you know a household who could benefit from this kit, contact FTAAAD.





FTAAAD RECEIVES GRANT FROM FOOD LION FEEDS FOUNDATION

The First Tennessee Area Agency on Aging and Disability has received \$2,500 from the Food Lion Feeds Charitable Foundation to help nourish neighbors experiencing hunger.

The Nourishing our Neighbors grant supports community feeding partners by helping neighbors increase their access to nutritious food and providing nutrition education to

eliminate health risks for those experiencing food insecurity.

These funds will be used to purchase shelf-stable emergency food boxes for distribution to food-insecure older adults and adults with disabilities within

the eight-county area of Northeast Tennessee.

The Food Lion Feeds Charitable

Foundation is committed to supporting families facing food insecurity across its 10-state footprint. Established in 2001, the Foundation provides financial support for programs and organizations dedicated to feeding local neighbors in the communities it serves. Since its inception, the Foundation has awarded nearly \$23 million in funding to help nourish communities with fresh food.

—Courtesy of Food Lion Feeds Charitable Foundation



OPTIONS HOME MODIFICATION FUNDS

Options funds are state funds that have traditionally been used strictly to pay for in-home services like home-delivered meals and light housekeeping for consumers enrolled in the Options program. Additional help around their home would not usually be covered through the program, like accessibility modifications, lawn care, and purchase of assistive devices and medical equipment.

However, the State has recently approved the ability for AAADs to also use these funds for those needs not previously covered.

To take advantage of these covered home-accessibility modifications or assistive/medical device purchases, individuals must first be screened and assessed for the Options program. Only those meeting Options eligibility

requirements will be approved for funding assistance.

Individuals already receiving services or on the waiting list for services are also eligible. Current Options consumers should contact their Options Counselor for more information.

Individuals not already enrolled in Options should contact the FTAAAD Information & Assistance department at 423-928-3258 and request an Options screening.

—Courtesy of Genie Guinn



WHY DONATE BLOOD?

National Blood Donor Month

Give blood!



WHY DONATE BLOOD?

Every two seconds, someone in the United States needs blood, which means more than 38,000 blood donations are needed per day.



BLOOD TRANSFUSION IS NEEDED FOR



women with complications of pregnancy



people with severe trauma



complex medical procedures and cancer patients



Each unit of donated whole blood can help save up to three lives.



Blood donation is an opportunity to contribute to someone else's good health.



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FTAAAD

First Tennessee Area Agency on Aging and Disability

3211 N. Roan St.
Johnson City, TN 37601

1-866-836-6678 (Toll-Free)
1-877-801-0044 (SHIP)
423-928-3258 (Local)

www.ftaaad.org

No person shall, on the grounds of race, color, or national origin, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity receiving federal financial assistance.

This project is funded under a grant contract with the State of Tennessee.

Contributions are encouraged to support all programs but no one is refused service for inability to pay.

The FTAAAD is part of the First Tennessee Development District.



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Scan our QR code to go directly to the FTAAAD website



SHIP

State Health Insurance Assistance Program

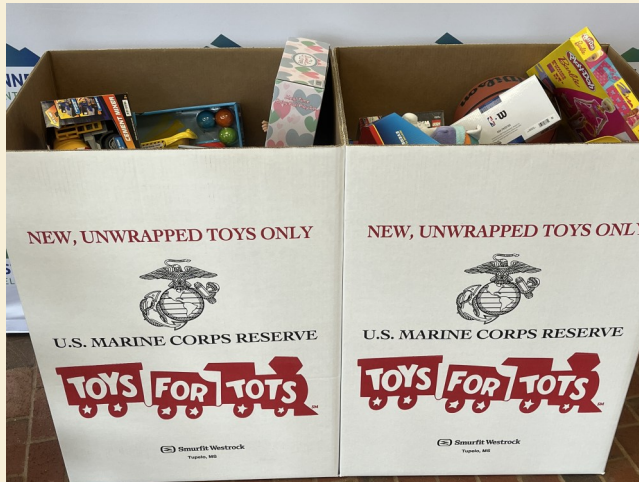
This project was supported, in part by grant number 90SAPG0069-02-00, 2001TNMISH-00, 2001TNMIAA-00, and 2001TNMIDR-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.



PHOTO GALLERY



FTAAAD staff enjoy the annual Roby Fitzgerald Adult Center Christmas Luncheon at the General Morgan Inn in Greeneville



Toys collected at the FTDD offices for US Marine Corps Reserve Toys for Tots program



FTAAAD's CHOICES department decked out for the holidays.