

Living 50 *Plus*



L-R: BILLIE AND GLENN CHAPMAN

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A Special Supplement to
The Expositor



Sparta-White County Activity Center for the 50-plus population.



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Billie Chapman finds love and community in White County

RACHEL AUBERGER

Staff Writer

Billie Chapman, originally hailing from Pickett County and spending the majority of her life in Overton County, found her way to White County 15 years ago in search of love and a sense of belonging. Little did she know this move would not only lead her to her soulmate but also to a community that would embrace her with open arms.

It was the lively dances at the Senior Center that first drew Billie to White County over two decades ago. It was there she met Glenn, the love of her life, and the catalyst for her decision to make White County her permanent home. Reflecting on her journey, Billie shares that the friendships she has forged and the people she has met during her time in White County have made this place truly special to her.

Life in one's 20s and 30s can often be tumultuous, filled with challenges and uncertainties. For Billie, those years were no exception. However, she credits the lessons learned during that time for shaping her into the resilient and content individual she is today. With a heart full of gratitude, Billie cherishes the experiences that have led her to where she is now.

In her current phase of life, Billie remains active and engaged in her com-



Billie Chapman with her family

munity. A dedicated worker, she spends her days cleaning houses and volunteers her time at the Activity Center in White County. Her husband's involvement in the center's band has also opened up opportunities for her to contribute to the community through assisting at dances and lending her creative flair to venue decorations.

A recent highlight in Billie's life was her appointment as a board member of the Sparta/White County Activity Center. Chosen by the center's participants to represent them, Billie takes great pride in this role, which allows her to give back to the community that has given her so much.

Family holds a special place in Billie's heart, and she speaks with deep affection for her daughter, grandson, and great-grandson. Their love, along with the support of her friends and faith, sustains Billie and brings joy to her days.

In White County, Billie Chapman has not only found a home but a community that has embraced her wholeheartedly. Through her work, volunteer efforts, and service on the board, Billie continues to make a positive impact and build meaningful connections in the town she now proudly calls home. Her story is a testament to the power of love, resilience, and the beauty of finding one's place within a caring community.

Great part-time jobs for retirees

Great part-time jobs for retirees

Many adults nearing retirement age count down the days until they can bid adieu to the daily tasks of commuting and working so they can enjoy much more time for recreation, travel or whatever is they aspire to do.

As enticing as unending free time may seem, some retirees find it is not ideal to be entirely free from the responsibility of working. As current seniors can attest, inflation can drive up the costs of living, meaning that seniors who were once able to afford a certain retirement lifestyle may no longer enjoy that hard-earned luxury. Others may miss the daily opportunities to socialize that working provides, or the way problem-solving on the job stimulates the brain. But even retirees who miss working may not be ready to return to the workforce full-time. That can make part-time employment an ideal fit for mature

workers.

Here's a look at some part-time positions that could be a good fit for older adults reentering the workforce.

Retail sales associate

Working in retail opens seniors up to a wide array of responsibilities and scenarios. Jobs may include greeting customers, making sales, putting out inventory, and helping customers select merchandise. Being personable and having good customer service skills are necessary traits to have when working in retail. Many stores offer part-time employees flexible hours so schedules can be customized.

Consultant

Retirees who loved their job but wanted to spend less time doing it can return as consultants. According to The Balance: Money, individuals often find they earn more per hour working as consultants than they did as full-time staff members.



Consulting is a way to share expertise and experience without making a full-time commitment.

Customer service representative

A customer service representative is tasked with helping customers solve problems and ensuring customer satisfaction. He or she may work in a traditional office or store location, or answer calls and resolve issues from home.

School positions

Retirees may want to consider jobs working in schools or in related capacities. Driving a school bus is an option if people are willing to undergo the proper training and licensing to operate this type of vehicle. Seniors also may consider working as lunchroom aides or lunch service providers, crossing guards, substitute teachers, and paraprofessionals. School employees will only work a few hours during the day. They'll also enjoy many holidays off as well as summer vacations.

Receptionist

Receptionists greet patients or customers in office settings. According to AARP, they are the welcoming faces of organizations. Answering phones and light clerical work also may be required of receptionists. Those who want to work off-peak hours can think about working nights and weekends in hospitals or skilled nursing facilities.

Seniors have many different options if they decide they want to return to the workforce in a part-time capacity.

Bingocize: Combining fun and fitness for the 50-plus population

RACHEL AUBERGER

Staff Writer

In retirement communities across the country, a new trend is emerging that is bringing joy, laughter, and improved health to older adults. This innovative program, known as Bingocize, is revolutionizing the way those who are 50 years of age and above stay active and engaged in their golden years, and, now, the new director of Sparta-White County Activity Center, Jayne Guy, will be bringing this popular program to White County in the upcoming months.

Bingocize is a unique fusion of two beloved activities: bingo and exercise. Developed by health educators and researchers, this program aims to promote physical ac-

tivity, cognitive stimulation, and social interaction among older adults. Participants engage in light exercises and stretches while playing bingo, making fitness fun and accessible for all ability levels.

The concept is simple yet effective. As participants play bingo, they are prompted to perform various movements such as arm circles, leg lifts, and seated stretches. These exercises are designed to improve flexibility, strength, and balance, helping to prevent falls and maintain independence as individuals age.

But Bingocize is more than just a workout – it's also a social experience. Participants have the opportunity to connect with their peers, share stories, and build friendships while staying active. The sense of community and camaraderie that

develops during Bingocize sessions is just as important for overall well-being as the physical benefits.

Studies have shown that regular exercise can have a profound impact on the health and quality of life of older adults. By combining physical activity with a beloved pastime like bingo, Bingocize makes it easier for participants to incorporate fitness into their daily routines.

As the population ages, finding innovative ways to promote healthy aging becomes increasingly important. Bingocize offers a playful and effective solution to the challenges of staying active in later life. With its winning combination of fun, fitness, and friendship, Bingocize is helping participants live their best lives – one bingo card at a time.



The role of mentor is complex and sometimes vulnerable to misinterpretation. According to the employment resource Indeed, a mentor is an individual who acts as an adviser or coach for a less experienced person. Mentors often share their experiences and may even offer advice to their mentees.

Anyone can serve as a mentor, though individuals who accept that responsibility are typically older and/or more knowledgeable than their mentees. Mentors may be athletic coaches, teachers, business associates, or esteemed family

members. Mentoring is something older adults can consider as they look to share their knowledge with others.

Mental and emotional benefits

Many successful individuals credit mentors with helping them achieve their goals. However, mentors also walk away from mentoring having gained something significant. According to the caregiving company Seasons, mentoring can keep an aging mind sharp. Being a mentor may help at-risk seniors reduce their chances of developing dementia, particularly Alzheimer's disease. According

How seniors can help themselves and others through mentoring

to a 2009 study published in the Journal of Gerontology, gains were shown for mentors in "executive function and in the activity of prefrontal cortical regions in older adults at elevated risk for cognitive impairment."

Mentoring also may give seniors extra reasons to get up and go each day. A scheduled task like mentoring fosters social interactions and changes of scenery. Information published in Harvard Business Review indicates seniors who mentor young people may be three times happier than people who do not.

Qualities of good mentors

Seniors considering mentoring should go over what can make a good mentor-mentee relationship. The following are some characteristics of successful mentors.

•**Engage:** The mentor should show genuine interest in the mentee, asking about their goals and expectations. Con-

versation should come easily.

•**Participate actively:** It's important to make the time for mentoring sessions according to what the mentee can manage with his or her schedule. Lessons should be tailored to what the mentee hopes to gain from the relationship. Gauging success along the way and tweaking things as necessary can keep mentoring sessions on target.

•**Listen well:** Mentors recognize the importance of listening first and then responding to the questions and needs of the mentee.

•**Possess expertise:** A mentor needn't have an advanced degree or special certification, but he or she should have more experience in a given field or subject than the mentee.

Mentoring is a consideration for seniors looking to remain active in their communities and share their knowledge with others.

Engaging hobbies for seniors

The value of hobbies is undeniable. A 2014 study published in the Journal of Occupational and Organizational Psychology found that employees who engaged in creative hobbies outside of work were more creative on work projects and had a better attitude on the job, while a separate study published in Psychosomatic Medicine in 2009 reported that individuals who engaged in enjoyable leisure activities had lower blood pressure and a smaller waist circumference.

The myriad benefits of hobbies is good news for seniors, many of whom have ample time for leisure activities. Whether seniors are retired or still working but free from the responsibilities of parenting, the following are some fun and engaging hobbies to fill that free time.

•Cooking: Years spent hustling and bustling through the daily grind of personal and professional obligations might have forced individuals to embrace cooking that emphasized convenience over culinary skill. Now that there's more time to embrace one's inner Emeril, seniors



can look to cooking classes or take the self-taught route and purchase a new cookbook filled with delicious recipes. A well-cooked homemade meal can provide a sense of accomplishment and affords seniors an opportunity to control the ingredients in the foods they eat, which can be important for individuals with health-related dietary restrictions.

•Writing: Many successful individuals have penned their memoirs after long, notable careers and lives. While individuals needn't follow suit with the goal of making their memoirs public, writing can be a great way for seniors to docu-

ment their own lives and the lives of their families. Interest in genealogy has risen considerably in recent years, as easily accessible websites like Ancestry.com and 23andMe.com have made it easier than ever for individuals to learn where they came from. Seniors can contextualize the information provided by genealogy websites by writing about their personal experiences and sharing what they know about the lives of their parents, siblings, grandparents, and other family members.

•Gardening: Seniors looking for hobbies that get them out in the great outdoors need look no further than their

own backyards. Gardening can benefit the body in myriad ways. According to the Mayo Clinic Health System, gardening can burn as many calories as working out in the gym. In addition, the MCHS notes that individuals who grow their own fruits and vegetables are more likely to include those foods in their own diets, thus saving them money at the grocery store and also increasing their intake of nutrient-rich foods.

•Swimming: Swimming is an ideal exercise for seniors, as it's low-impact but still a great way to utilize the entire body. A 2007 study published in the journal Quality of Life Research found that water-based exercise improves older adults' quality of life and decreases disability. A separate study published in 2008 in The Journal of Sports Medicine and Physical Fitness found that water-based exercise can improve or help to maintain bone health in post-menopausal women.

These are just a few of the many hobbies seniors can pursue as they look for positive and fun ways to spend their free time.

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I would have never considered going anywhere else.

Philip Gibbons
BYPASS SURGERY PATIENT



When it came to his heart, Cookeville radio legend Philip Gibbons thought he had nothing to worry about. He felt great, has walked and worked out daily for decades, and has no family history of heart disease. But after some abnormal screening results sent him to the CRMC cath lab, he learned that four of his arteries were at least 75% blocked. Philip underwent bypass surgery and is thankful that screenings and an incredible heart team close to home helped him avoid a heart attack.

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Philip cherishes time with his family and is thankful for the heart team at CRMC. Wife Sue Gibbons greets daughters Julie Draper and Leann Huddleston and granddaughter Hope Huddleston for dinner with Philip.

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Jayne Guy - Embracing adventure and community

RACHEL AUBERGER

Staff Writer

In the small town of Sparta, nestled within the heart of White County, resides a remarkable woman named Jayne Guy. Born in Cookeville, Guy has called White County her home for the majority of her life, with brief stints away during her college years.

A proud graduate, with a Bachelor of Science in Occupational Therapy from Roane State Community College and Eastern Kentucky University, Guy's journey has come full circle as she now serves as the new director of The Activity Center in Sparta. Embracing the opportunity to bring joy and companionship to others in the 50-plus population of White County through engaging activities and socialization, Guy finds immense fulfillment in the laughter and camaraderie that fills each day.

"I am the new director of The Activity Center, and I enjoy being with that population and assisting in making every day enjoyable with activities and socialization," she said. "I enjoy the laughter that happens daily and the friendships that are developing."

Reflecting on her younger years, Guy says not much has changed in her world besides the advancements in technology and how they assist her in her new position. However, her zest for life shines through as she shares her love for adventure, from traveling to various states and countries to experiencing the adrenaline rush of skydiving multiple times.

Recently, a visit to Cedar Point theme park ignited her thrill-seeking spirit as she conquered countless exhilarating roller coasters.

"I enjoy adventure through travel, music festivals, and concerts. I have been blessed to travel to many states and countries. I have been fortunate to be able to sky dive three times. Each a very different jump," Guy said. "I recently visited Cedar Point theme park, where I lost count of all of the amazing coasters I was able to ride."

While Guy may not have children of her own, her furry companions hold a special place in her heart. With four cats in her care, including a remarkable two-and-a-half-year-old without eyes who navigates life with remarkable resilience, Guy finds solace and joy in the daily blessings of their presence.

For Guy, the beauty of White County lies not only in its scenic landscapes but also in the tight-knit community that offers unwavering support and a sense of belonging. As she continues to embrace life beyond 50, with a spirit of adventure and a heart full of compassion, Jayne Guy stands as a testament to the enduring joys of community, companionship, and the pursuit of happiness in the tranquil haven of Sparta.

"I love Sparta and White County. This place is so beautiful and peaceful. The longer I live, the more I appreciate and respect Sparta and White County. I adore having a close-knit community, where support surrounds us," she said. "I am truly Sparta/White County Proud!"



(Above) Jayne Guy (left), director for Sparta-White County Activity Center, shows her true vivacious personality as she gets a hug from one of her friends. (Below) As a self-proclaimed adventurer, mixed with a little bit of risk-taking, Jayne Guy enjoys sky-diving. (Below, left) One of Jayne Guy's sweet kittens.



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Pickleball serves up fun and fitness for the 50-plus crowd at Sparta-White County Activity Center

RACHEL AUBERGER

Staff Writer

In a bid to promote active and healthy lifestyles among senior citizens, the recently renovated and rebranded Sparta-White County Activity Center has unveiled its latest addition - an indoor pickleball court. Embracing the growing popularity of the sport among older adults, the center is providing a vibrant space for community members aged 50 and above to engage in this exciting activity that offers a plethora of physical and social benefits.

Pickleball, often described as a mix of tennis, badminton, and table tennis, has been gaining traction in recent years, particularly among seniors. The game is played on a smaller court with a lower net, making it easier on the joints and more accessible for older players. Its slower pace compared to tennis, coupled with the use of a paddle instead of a racket, makes it an ideal choice for seniors look-



ing to stay active while having fun.

One of the key attractions of pickleball for seniors is its ability to improve cardiovascular health and enhance overall fitness levels. The game involves quick movements, agility, and hand-eye coordination, providing a full-body workout that can help seniors maintain their physi-

cal well-being. Additionally, pickleball is a social sport that fosters camaraderie and friendship among players, offering a sense of community and belonging that is crucial for mental and emotional health.

With the introduction of the indoor pickleball court at the Sparta-White County Activity Center, 50-plus residents

in the community now have a dedicated space to enjoy this engaging sport year-round. The center's commitment to providing recreational opportunities tailored to the needs of older adults reflects a growing awareness of the importance of staying active and connected in later years.

"We are thrilled to offer our members the chance to experience the excitement of pickleball right here at the Sparta Activity Center," Jayne Guy, the center's new director, said. "We believe that this new addition will not only promote physical fitness and well-being but also create a sense of community and friendship among our members."

As more people who are 50-plus discover the joys of pickleball and the benefits it brings, Sparta-White County Activity Center stands ready to serve as a hub for active aging, proving that age is no barrier to fun, fitness, and social engagement.

Navigating your dating life in later years

People are living longer, a reality that can be traced to a number of factors, including advancements in medicine and greater dissemination of information regarding preventive health care. According to data from the United Nations Population Division, the average life expectancy in the United States is 81.65 for women and 76.61 for men. Canada has even higher life expectancies, at 84.74 for women and 81.15 for men.

As people live longer, some may outlive their significant others and ultimately find themselves once again interested in sharing experiences with a special someone. Seniors ready to re-enter the dating pool may find that things are quite different from what they experienced as naïve teenagers or young adults. Dating used to be about hanging out with friends and meeting people at shared events, such as school dances or work parties or even while enjoying a night out with friends. Nowadays, dating often begins in cyberspace. This can be confusing and anxiety-inducing for adults who didn't grow up with technology guiding their every move.

According to a report in The Atlantic, more than one-third of baby boomers are not currently married, and this generation has had higher rates of separation and divorce and lower rates of marriage than the generations that preceded them. Many boomers have years ahead of them to devote to new relationships. Here's what they may want to know before navigating twenty-first century dating waters.

- You're not in this alone. While online dating may be portrayed as a young person's game, plenty of older adults are now finding connections online. In fact, many different dating apps are geared toward the senior set, including SeniorMatch, eHarmony, Singles50, OKCupid, and Silver Singles, among others.

- You have more time for fun. As a senior, you may have more time to devote to recreation and leisure. This can be a great opportunity to get out and meet someone who shares your passions and interests.

- Online dating has its advantages. While online dating apps and websites may have certain things working against them, particularly if their algorithms for



pairing people are not fine-tuned, they also can be helpful. Online dating can expand social circles beyond local neighborhoods or even states, provinces or countries. You're casting your net over a much larger body of water. Furthermore, dating app profiles typically spell out exactly what another person is seeking,

which can save seniors from having to revisit awkward dating moments from years past.

Seniors may have to navigate new waters in modern dating. But with a good mindset and a little persistence, it is possible for seniors to find a special someone in cyberspace.



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Sparta-White County Activity Center will begin Drums Alive classes

RACHEL AUBERGER

Staff Writer

In a rhythmic twist to traditional fitness routines, Sparta-White County Activity Center is gearing up to introduce a new and exciting program to its offerings. Led by the enthusiastic new director, Jayne Guy, the center is set to bring Drums Alive to their scheduled programming, offering residents a unique and engaging way to stay active and healthy.

Guy, a passionate advocate for inclusive and innovative fitness programs, is currently working toward becoming a certified Drums Alive instructor. With a love for adventure and activities that are considered "outside the box" as well as a deep appreciation for the power of music and movement, Guy is eager to introduce the community to the benefits of this dynamic workout.

Drums Alive combines the use of fitness balls and drumsticks to create a high-energy, full-body workout that encourages rhythmic movement and coordination. By drumming on the stability ball while performing various aerobic exercises, par-



Photo courtesy of Drums Alive website, Carrie Elkins founder

ticipants can enjoy a fun and challenging workout that not only boosts physical fitness but also enhances mental well-being. The rhythmic nature of drumming has long been known to have therapeutic

effects, reducing stress and increasing overall well-being.

As the new director of Sparta-White County Activity Center, Guy is committed to providing diverse and engaging programs that cater to the needs and interests of the community. With her passion for promoting health and wellness, Guy believes that Drums Alive has the potential

to inspire residents of all ages and fitness levels to get moving and have fun while doing so.

One of the key aspects of Drums Alive is its inclusivity. People of all ages and fitness levels can participate in the program, which is one of the main reasons Guy has chosen the program as one to add to the Activity Center's choice of classes. The program can easily be adapted to suit a variety of needs and abilities, ensuring that everyone can join in on the fun. Feedback from programs around the country has been overwhelmingly positive with some participants even reporting improvements in coordination and balance after adding Drums Alive to their regular routine.

The introduction of Drums Alive classes at Sparta-White County Activity Center is poised to breathe new life into the fitness schedule, offering a fresh and exciting alternative to traditional workout routines. Residents are eagerly anticipating the opportunity to drum their way to better health under Guy's guidance.

With its infectious energy and innovative approach to fitness, Drums Alive is set to become a staple in the fitness landscape of Sparta-White County Activity Center, empowering members to march to the beat of their own drum and embrace a healthier, more active lifestyle.

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Crowd at the recent grand opening of the newly remodeled and re-branded senior center, which is now known as Sparta-White County Activity Center.



Sparta-White County Activity Center



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