

NEW TO NASHVILLE GUIDE

# VANDERBILT HOUSESTAFF ALLIANCE

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[vhalliance.org](http://vhalliance.org)

Whether you are visiting and learning about the Vanderbilt University Medical Center community or are already planning a relocation to the “Athens of the South,” we’re confident that you’ll soon be happy to call Nashville and Vanderbilt your new home. The Vanderbilt community is warm and friendly with multiple avenues of support available to you. If you are relocating to be part of the Vanderbilt Medical Center house staff, one of these supports is the Vanderbilt Housestaff Alliance (“VHA”).

VHA is a nonprofit social and philanthropic organization. Membership is open to the spouses and significant others of Vanderbilt housestaff. Our mission is a simple one: to promote friendship among members, foster a supportive environment for families during training, and serve the Nashville community. We provide numerous opportunities to meet and socialize with other resident families -- forging friendships and offering support during a particularly difficult time of medical training. We also do various service projects throughout the year and have numerous groups for our members to join. We hope you’ll inquire further about VHA and ultimately join our organization!

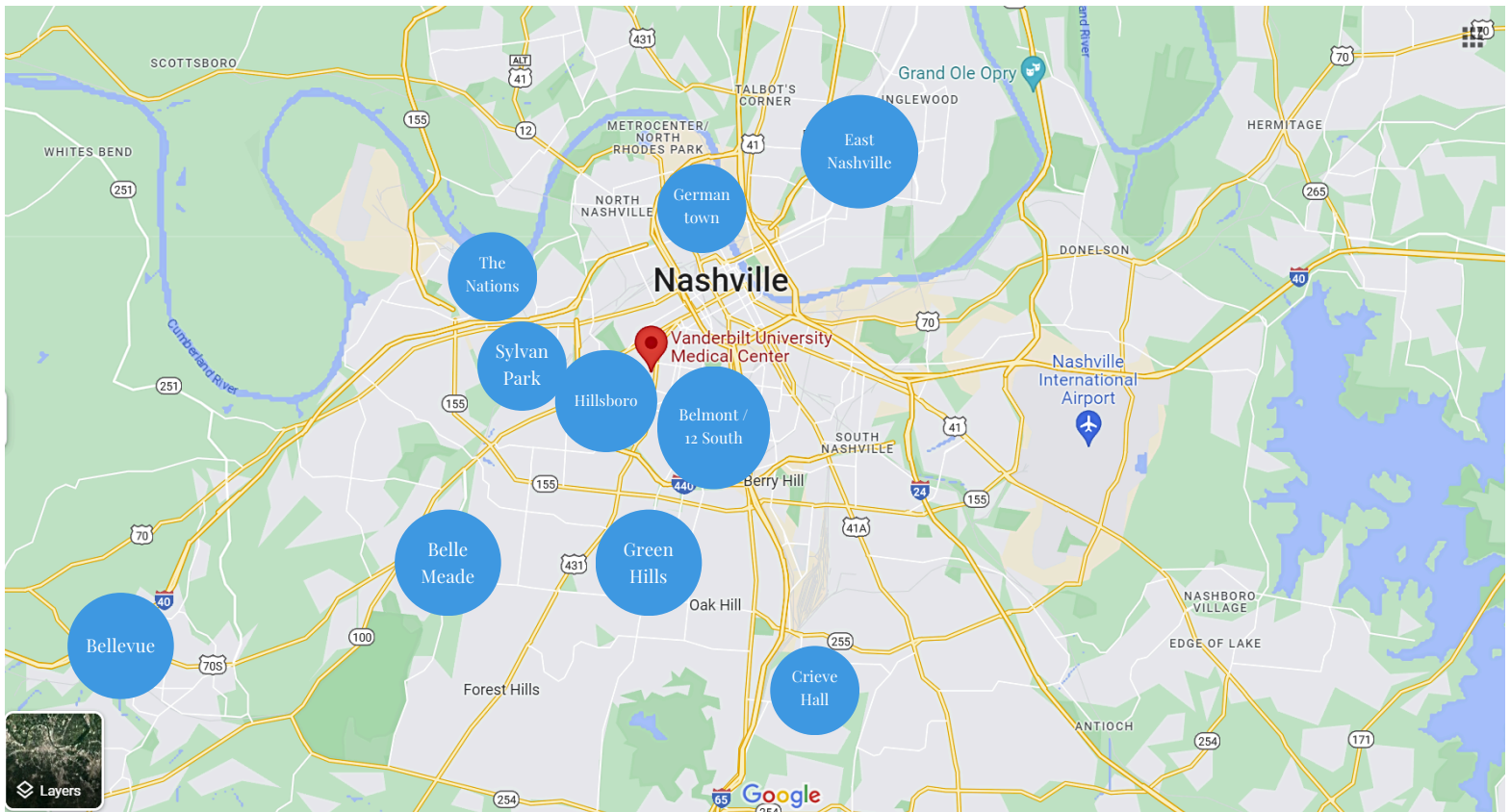
Our members update this guide annually, and many of us have continued to draw upon it throughout our stay here in Nashville. It contains information you will need for relocating (including information on real estate agents who sponsor the VHA) as well as information about fun things to do. You’ll quickly discover what many of us already have – that Nashville is a great city and community and a wonderful place to call home.

WELCOME

# WELCOME TO MUSIC CITY

**Like all major metro areas, Nashville is made up of many unique neighborhoods, and VHA families live throughout the area.**

Take a look at the map below for some of the most popular neighborhoods for resident and fellow families. Each neighborhood has its own qualities, housing style, access to greenspace, etc., so feel free to reach out to our Board if you have any questions about areas you're thinking about!



## Approximate Travel Time to VUMC:

Bellevue: 20+ Minutes

Belle Meade: 15 Minutes

The Nations: 10-15 minutes

Sylvan Park: 7-10 minutes

Hillsboro: Walkable, or 5 minutes

Belmont/12 South: 5-10 minutes

Crieve Hall: 12-15 minutes

Green Hills: 12-15 minutes

Germantown: 15 minutes

East Nashville: 20+ minutes

**No matter where you land in Nashville, we hope you love your neighborhood and the spirit of Music City!**



# VHA EVENTS & GROUPS

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The VHA creates community for resident and fellow families through intentional programming put on in conjunction with area professionals who sponsor events (check them out on the following pages). Some of our recurring events and groups are listed below, but if there is a different way that you would like to build community and get involved, please reach out and let us know!

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## **Date Nights**

From Top Golf to Cocktail Tastings to dinners, VHA date nights offer an opportunity for resident/fellows and their spouses to connect with other VHA families and enjoy an evening out!

## **Kids Club**

VHA hosts many family-friendly events, including Trunk-or-Treat, Zoo trips, Santa Brunch, playdates, and more!

## **Book Club**

Book Club meets 5 times per medical year to discuss new and popular literature, and is always taking new members. You can come to one, a few, or all of our meetings each year!

## **Meal Pick-Ups**

Sometimes it's nice to just not cook. VHA sponsors allow us to take a night off from the kitchen by sponsoring meal pick-ups throughout the year.

## **Vanderbilt Women's Club**

In partnership with the Vanderbilt Women's Club, VHA is able to attend community service projects, brunch events, and more. Many Women's Club members are physicians or spouses of physicians, so understand training and are a wonderful resource for the VHA.

All VHA members are welcome to attend any and all events throughout the year. VHA membership dues are \$50 annually, with registration at [vhalliance.org](http://vhalliance.org). If membership presents a hardship for your family we have assistance available - reach out to our Board!



# AROUND TOWN

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## Now that you're in Nashville, there's so much to explore!

One of the reasons many families are attracted to Vanderbilt for training is its location within a bustling, but manageable, metro area. Nashville is home to many parks, museums, professional sports teams, and of course, music venues! Here are a few VHA faves to get you started!

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### Parks & Trails:

#### **Percy Warner Park**

*50 Vaughn Road*

Percy Warner is a series of parks with many trails, paths, and gardens to explore. You can find hilly bike paths, stroller-friendly strolls, and wooded hikes throughout the park - something for everyone to explore!

#### **Shelby Bottoms Park**

*1900 Davidson Street*

Shelby Bottoms has great paved paths, and is also home to an 18-hole public golf course and wonderful nature center!

#### **Centennial Park**

*25th Ave. S & West End Ave.*

Close to Vanderbilt, Centennial Park houses Nashville's Parthenon, a life-size replica of Greece's Parthenon and home to the Metro Arts Museum! With concert series, festivals, and more, there's always something going on!

#### **Radnor Lake Park**

*1160 Otter Creek Blvd.*

Radnor Lake is a protected Bald Eagle habitat, and is also home to otters, turtles, fish, and other wildlife to marvel at! With paved paths and hiking trails, there's lots to explore!

### Sports:

#### **Nashville Predators**

Our NHL Team plays at Bridgestone Arena on Broadway downtown - there are often Vanderbilt discounts on tickets!

#### **Tennessee Titans**

The Titans (NFL) play at Nissan Stadium right across the pedestrian bridge in East Nashville!

#### **Nashville SC**

Our newest pro sports team, Nashville SC is taking the MLS by storm! Their stadium is in the Wedgewood-Houston neighborhood, just a couple miles from Vanderbilt.

#### **Nashville Sounds**

The Nashville Sounds are the current AAA affiliate of the Milwaukee Brewers - with inexpensive tickets and fun family nights, games are fun for all ages!

#### **Vanderbilt Commodores**

Vanderbilt plays in the SEC and is home to dozens of male and female NCAA Division I sports. Keep an eye out for VUMC discounted tickets for different sports throughout the year!



# MUSIC CITY

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With a music scene like Nashville's there's always a venue, festival, or attraction to explore!

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## Music Venues

### **The Ryman**

*116 5th Ave. N*

The Ryman is the Motherchurch of Country Music, and has acoustics that rival concert halls across the world. Take a tour during the day, or take in a show at night!

### **The Listening Room**

*618 4th Ave. S*

The Listening Room is the place to hear songwriters as well as up-and-coming artists! With shows every day, there are plenty of times to see live music!

### **Bluebird Café**

*4104 Hillsboro Pike*

Bluebird Café is a small venue in the Green Hills neighborhood famous for hosting future stars! This is a great venue to see incredible talent as well as accomplished songwriters!

### **Grand Ole Opry**

*600 Opry Mills Drive*

Just north of the city, the Grand Ole Opry is home to, of course, The Opry, as well as country music award shows and other concerts. Take a tour, or take in a show!

### **National Museum of African American Music**

510 Broadway

Nashville's newest museum, the NMAAM is located right on Broadway, across from the Ryman and boasts comprehensive exhibits showcasing the musical genres inspired and created by African Americans.

## Festivals & Attractions

### **Cheekwood Gardens**

Cheekwood is a beautiful museum, park, and garden in Belle Meade, and home to many festivals throughout the year. Check out discounts on membership through VUMC!

### **Nashville Zoo**

The Nashville Zoo is in South Nashville and home to many exhibits and events throughout the year. Boo at the Zoo is a VHA family favorite!

### **Tomato Arts Fest**

Each August East Nashville hosts Tomato Arts Fest, a festival of music, art, and community.

### **Fall Harvest at The Hermitage**

Nashville is home to Andrew Jackson's home and museum - The Hermitage. The Hermitage hosts festivals and events throughout the year, including the popular Fall Harvest!

### **Full Moon Pickin' Party**

Bluegrass lovers converge on Percy Warner throughout the summer for picnic concerts every full moon. Fun for the whole family!



# COMMUNITY SERVICE

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The VHA is always looking for ways to give back to the community through time, talent, and treasure. Here are a few of our Board members' favorite organizations around town!

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#### **Room in the Inn**

Founded by Fr. Strobel, Room in the Inn is a homeless support and social service organization committed to loving all of Nashville's neighbors through hospitality. Nearly 200 places of worship of many denominations and religions participate in their winter shelter program each year!



**PENCIL**  
Public Education Needs Community Involvement and Leadership

#### **PENCIL**

PENCIL works to support Metro Nashville Public Schools through classroom supply support, tutoring, and service. Opportunities for service as a whole family are available throughout the year, with many opportunities in the summer.



**Hands On**  
NASHVILLE

#### **Hands On Nashville**

Hands On Nashville is a multi-pronged nonprofit committed to supporting the community by connecting individuals and groups to both one-time and recurring service projects. New opportunities are listed frequently, giving people the chance to commit to service that most resonates with them.



#### **Second Harvest Food Bank**

Second Harvest is the largest food bank and distribution group in Nashville, working to support neighbors at risk of hunger each day. There are many ways to volunteer with individual and recurring programs.

# PARTNERS

Being new to town can be overwhelming, which is why the VHA is here to answer questions about anything from where to get your hair cut to childcare options in your neighborhood to where to find the best date night meal close to Vandy.

VHA hosts monthly events, clubs, and groups for resident spouses and families to be a part of, and in addition to the community within VHA we partner with key professionals around town in different industries so that VHA members have a list of resources to turn to. The realtors, advisors, accountants, and mortgage brokers on the next pages are partners and sponsors of VHA, and are all adept at working with physician families during training. Should you need any of these services, we encourage you to reach out to our partners!





# REALTOR PARTNERS

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**Carolyn Akins - Carolyn Akins Realty**

615.504.2447  
carolyndakins@icloud.com  
www.carolynakins.com/



**Deena Svendsen & Katie Morell -  
Katie Morrell Property Collective**

615-593-3103  
deena.svendsen@compass.com & katie.morrell@compass.com  
<http://morrellpropertycollective.com/>



**Josh Anderson - Josh Anderson Real Estate Team**

615 - 823-1555  
josh@joshandersonrealestate.com  
www.joshandersonrealestate.com



**Amanda Baron - AB TN Homes**

615-202-5504  
amanda@abtnhomes.com  
www.abtnhomes.com/



**Michelle Hsu - Hsu House**

615-243-8487  
michelle@hsuhouse.com  
www.hsuhouse.com



# FINANCIAL PARTNERS

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## **Jeremy Smith - Shoemaker Financial Advisor**

615-383-0262

[shoemakerfinancial.com/team-member-06/jeremy-smith](http://shoemakerfinancial.com/team-member-06/jeremy-smith)

[jeremy.smith@shoemakerfinancial.com](mailto:jeremy.smith@shoemakerfinancial.com)



## **Jennifer Winchell - Winchell CPA & Advisory Services PLLC**

615-662-2808

[team@winchellcpa.com](mailto:team@winchellcpa.com)

[www.winchellcpa.com](http://www.winchellcpa.com)



## **Alene Gnyp - Renasant Bank**

(615) 582-2334

[alene.gnyp@renasant.com](mailto:alene.gnyp@renasant.com)

[www.renasantbank.com/mortgage-loan-officers/alene-gnyp](http://www.renasantbank.com/mortgage-loan-officers/alene-gnyp)

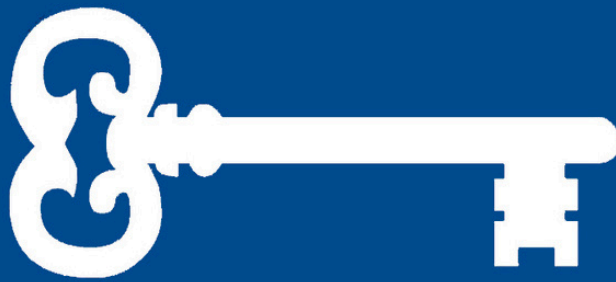


## **Stuart Clamp - First Horizon Bank**

615-668-2392

[stuart.clamp@firsthorizonbank.com](mailto:stuart.clamp@firsthorizonbank.com)

[firsthorizon.com/mortgage/stuart-clamp-officer-nashville-tn-37203](http://firsthorizon.com/mortgage/stuart-clamp-officer-nashville-tn-37203)



## SPONSOR HIGHLIGHT: CAROLYN AKINS REAL ESTATE

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Carolyn has been a resident of Nashville for over twenty years. During that time, she has seen Nashville drastically evolve from a small city to “The Music City of the South” and she has been a part of it every step of the way.

Her experience and knowledge of Nashville, Brentwood and Franklin’s various landscapes allow her to provide her clients with a solid foundation to relate to their every need.

Carolyn is now partnered with a property management company, Gluth Wright Property Management LLC, which allows her to add another level of services to her clients, both buyers and sellers alike.



### **CONTACT:**

**Carolyn Akins**

Phone: (615) 504-2447

*10 Burton Hills Blvd. Suite 210*

*Nashville, TN 37215*

[carolyndakins@icloud.com](mailto:carolyndakins@icloud.com)

# KATIE MORRELL PROPERTY COLLECTIVE

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The music and entertainment industry brought Deena Svendsen to Nashville with her husband and their four children in 2010, and she has fostered a profound love and appreciation for Music City. Deena has focused her knowledge of Nashville and her background in service on a career of connecting new families and locals alike with their future homes. She and Katie Morrell are proud VHA sponsors and eager to help new resident families find their perfect home for training!



**Katie Morrell**

**[katie.morrell@compass.com](mailto:katie.morrell@compass.com)**

**615-593-3103**

**[morrellpropertycollective.com](http://morrellpropertycollective.com)**

**Deena Svendsen**

**[deena.svendsen@compass.com](mailto:deena.svendsen@compass.com)**

**214-864-8282**

**3990 Hillsboro Pike #320,  
Nashville, TN 37215**

## AMANDA BARON, REALTOR

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Hi there, I am so glad to meet you. Selling or finding a home can be exciting and a somewhat stressful journey for you and your family. I am prepared to guide you every step of the way. I am a Realtor® who is ‘married to medicine’ and know what it's like to be the new neighbor in town. In 2006, our family relocated from Texas to Tennessee with my husband, the physician, who took a position at The Vanderbilt Children’s Hospital. Even though I loved Nashville, adjusting to our brand-new life was not easy and took time! I have become the person I hoped to meet when we moved here. Again, I say, ” Nice to meet you!” Your neighbor, Amanda Baron.



**Physician Relocation Specialist**

**SRS, ABR, REALTOR®**

**License # 337280**

**(615) 202-5504**

**[amanda@abtnhomes.com](mailto:amanda@abtnhomes.com)**



# MEET THE BOARD

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## **Eleanor Mika**

*President, 2023-2024*

✉ [president@vhalliance.org](mailto:president@vhalliance.org)

Eleanor has been in Nashville for 4 years, and lives in the Bellevue area with her husband Alek who is an Ortho PGY4, and their two sons. She loves to hit the trails at Percy Warner and Radnor Lake with her family, and thinks that the best part of training in Nashville is that there is always something going on around town to do!

## **Meredith McGann**

*Vice President, 2023-2024*

✉ [vp@vhalliance.org](mailto:vp@vhalliance.org)

Meredith has been in Nashville for 3 years, and lives in Crieve Hall with her husband Kevin who is a General Surgery PGY3, and their shihpoo Iggy. She loves to explore restaurants and parks in Nashville, and her favorite spots around town are the Nashville Ballet and Room in the Inn!



## **Chelsey Clegg**

*Secretary, 2023-2024*

✉ [secretary@vhalliance.org](mailto:secretary@vhalliance.org)

Chelsey and her family have enjoyed living in Bellevue the past four years. Her husband, James, is a pediatric pulmonology fellow. James and Chelsey have three kids, enjoy live music, good barbecue, and lots of outdoor activities! She thinks the best part of living in Nashville is the family friendly community.

## **Becca Jackson**

*Events, 2023-2024*

✉ [events@vhalliance.org](mailto:events@vhalliance.org)

Becca has enjoyed her time in Nashville with her husband Greg and boys, Owen, Brooks, and Beck. They've enjoyed their time in Tennessee so much her husband seems to keep adding years to his cardiology training! Becca enjoys spending time teaching fitness classes at the YMCA, taking her kayak down the river, and listening to live music any chance she gets!



## **Donielle Cash**

*Events, 2023-2024*

Donielle has been in Nashville for almost 3 years, and lives in Crieve Hall with her husband Carsen, a PM&R PGY2 resident, and their dog Charlie. Some of her favorite things to do in Nashville are golf at the beautiful courses in the area, take Charlie on walks around McCabe and Percy Warner, and find the best tacos and barbecue in town!

# Vanderbilt Housestaff Alliance

## 2024

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[vhalliance.org](http://vhalliance.org)