

NEW TO NASHVILLE GUIDE

VANDERBILT HOUSESTAFF ALLIANCE



vhalliance.org

WELCOME

Welcome to the Vanderbilt University Medical Center Community!

The Vanderbilt community is warm and inviting, with many ways to get involved and avenues for support. If your family is relocating to join the Vanderbilt Medical Center housestaff, one of these supports is the Vanderbilt Housestaff Alliance (“VHA”).

The VHA is a non-profit social organization for spouses, families & significant others of VUMC residents & fellows.

Our mission is simple: to promote friendship and foster a supportive environment for families during training. We provide opportunities to meet and socialize with other resident families, and look forward to getting to know you and your family as you transition to VUMC!

Our members update this guide annually. It contains helpful information for relocating, as well as fun things to do around town. **All of the listed service providers understand the nuances of medical training and are eager to help newly matched families make the transition to Nashville as smooth as possible.**

You’ll quickly discover what many of us already have – that Nashville is a great city to live in and a wonderful place to call home.

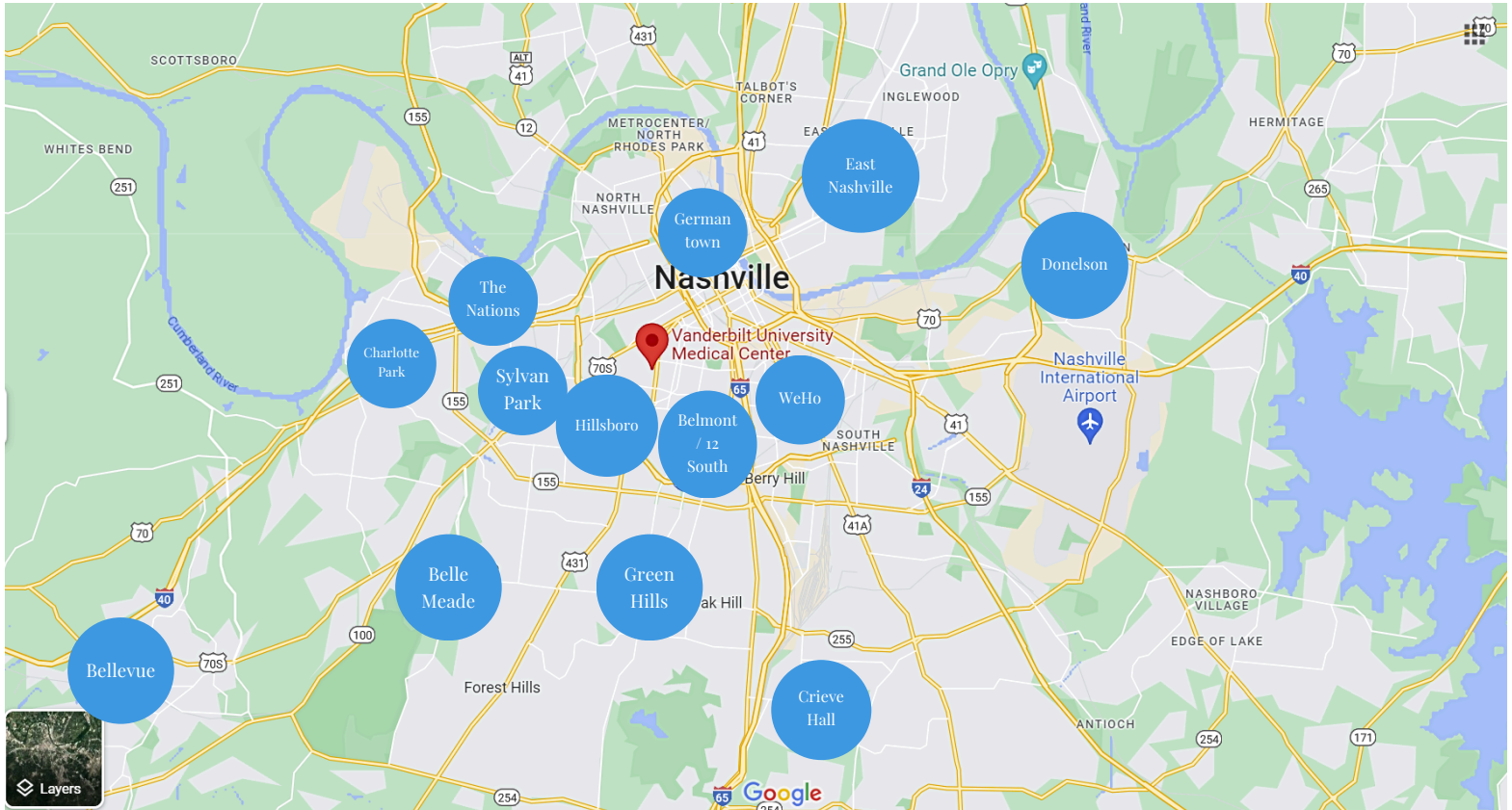
We hope to see you at
a VHA event soon!



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 green space, etc., so feel free to reach out to our Board or real estate partners if you have questions about areas you're thinking about! Resident & fellow families in the VHA have lived in of the neighborhoods listed below in recent years!



Approximate Travel Time to VUMC:

Bellevue: 20+ Minutes	Belmont/12 South: 5-10 minutes
Belle Meade: 15 Minutes	Charlotte Park: 15 minutes
Crieve Hall: 15 minutes	Donelson: 20+ Minutes
East Nashville: 20+ minutes	Germantown: 15 minutes
Green Hills: 12-15 minutes	Hillsboro: Walkable, or 5 minutes
The Nations: 10-15 minutes	Sylvan Park: 7-10 minutes
Wedgewood/Houston: 10 minutes	

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



VHA GATHERINGS

The VHA creates community for resident and fellow families through both intentional programming and casual opportunities to meet up with others going through a similar stage of training. Some of our 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!

Signature Events

Each year, the VHA hosts a few larger, signature events. These include our Welcome BBQ, Fall Fun at Gentry Farms, Cheekwood Lights, and our Done with Training Brunch!

Date Nights & Outings

From brewery meet-ups to date-night dinners, meeting other VHA couples around town is a fun way to connect and build community across specialties!

Kids Club

The VHA coordinates family-friendly events, including Trunk-or-Treat, park meet-ups, zoo outings, playdates, and more!

Vanderbilt Women's Club

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

While trainees who move to Vanderbilt without families are invited to some of our signature events, VHA events are intentionally tailored to foster community among trainees' spouses, partners, and families.

All resident & fellow families are invited to join in any of the VHA events. Women's Club events require membership, but if this is a hardship, the VHA is happy to help support.



UTILITIES & SERVICES

As you are preparing to move, be thinking about arrangements with the following utility companies and services. Reach out with any questions!

Nashville Electric Service (NES)

615-736-6900

nespower.com

To start service call, and press 2 at the prompt to reach an advisor. You need two current forms of ID, one of which must include a photo.

Piedmont Natural Gas

615-734-0665

piedmontng.com

To start service, call customer service or make a request through their online system. You will need to provide your SSN and driver's license number. Electricity and water need to be active prior to your gas service start date.

Metro Water Services

615-862-4600

nashville.gov/water

Residential customers must pay a service initiation fee and provide driver's license information to establish service.

Garbage, Recycling & Yard Waste

615-862-8750

Each home in the Nashville Urban Services District receives 96-gallon containers for garbage and recycling. You can find your service day on Nashville's website. Garbage is collected weekly, and recycling is collected bi-weekly. Additionally, yard waste is collected curbside quarterly.

Internet Service

Depending on your neighborhood, AT&T, Comcast, and Google Fiber offer internet services. Gigabit speeds are available in most parts of Greater Nashville.

Driver's License

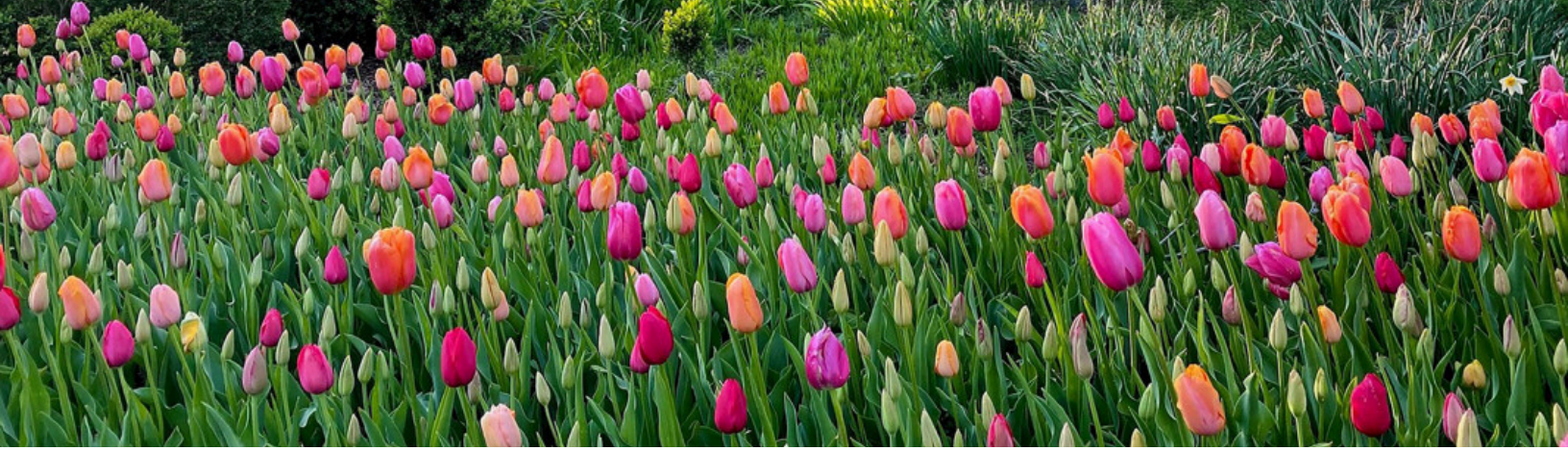
Upon establishing residency in the state, a Tennessee driver's license must be issued within 30 days. If your old license is still valid, you can surrender it in exchange for a TN license. You must present: your current license, proof of name change if needed, two proofs of TN residency with your name and address, proof of U.S. citizenship, and your SSN. If your old license is expired, you may be required to take a written and/or road test. Locations can be found on the tn.gov website.

Auto Registration

Upon establishing state residency, you must register your vehicle and receive a TN plate issued by your county's clerk. Greater Nashville is Davidson County: nashvilleclerk.com

Voter Registration

To vote in Nashville or the surrounding area you must have a federal or state issued government photo ID, and register to vote at least 30 days before an election. There is permanent registration, and primaries in TN are open. Register to vote through the Secretary of State's website: ovr.govote.tn.gov



EDUCATION & CHILDCARE

There are many education and childcare options in the Nashville area for children and students of all ages. If you have any questions about options or processes, please contact Meredith McGann at president@vhalliance.org!

Vanderbilt Child & Family Center

VUMC Child and Family Centers offer early childhood care and education for employees' children ages 6 weeks-5 years old. VCFC spots are open to full-time, benefits-eligible employees. A waitlist application form must be completed through the HR portal. Bulk enrollment is completed each summer in July-August. Openings at any other time are only as available. There are multiple locations available near the hospital; the Belcourt location is only for provider families.

Other Childcare Centers

TN.gov has a search feature for all registered daycares in Middle TN with information on hours, ages, and special needs facilities as well as the state's rating system. Three-star facilities are the top-rated.

Programs in the Vanderbilt area typically have long waiting lists - call as early as you can!

Nanny & Nanny-Share

Many housestaff families opt for nanny or nanny-share arrangements. Nannies can be found through Care.Com; VUMC offers services such as no "finder's fee" and up to 20 days per fiscal year of subsidized backup care. The vumc.care.com portal includes a dashboard and resources on these benefits.

Metro Nashville Public Schools

Metro Nashville Public Schools is the Davidson County public school system. Schools are grouped by "cluster", and feed from elementary to middle and high school. In addition to zoned schools, MNPS operates special interest magnet schools for elementary through high school students (arts, STEM, bilingual education, gifted education). Information on school clusters and programming is at mnps.org.

Charter Schools

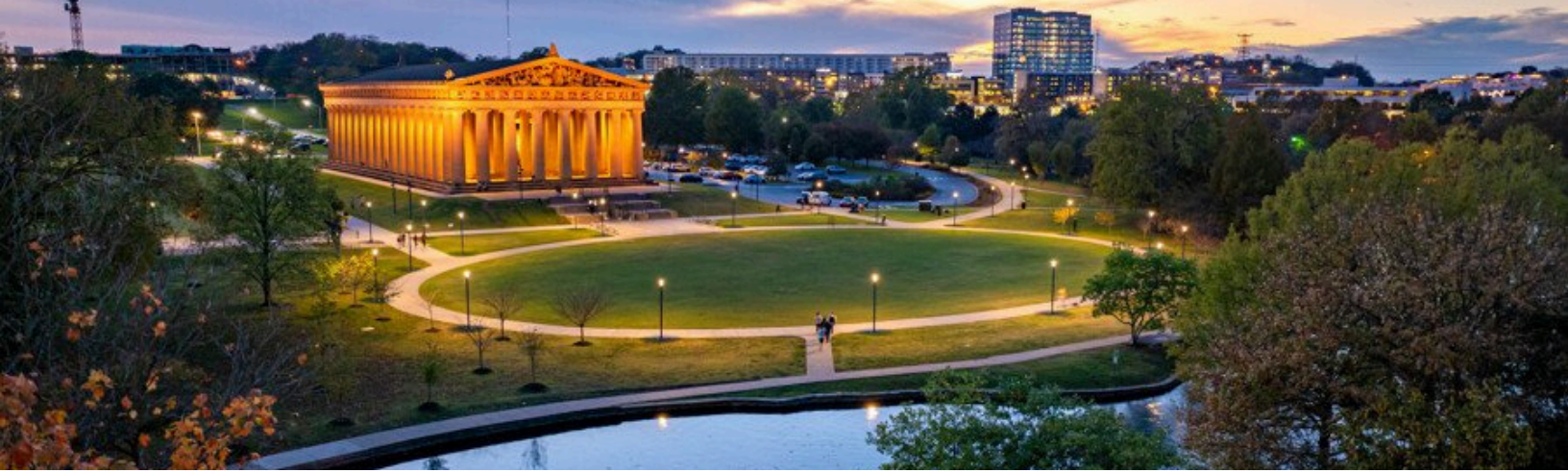
Nashville has a robust public charter school landscape, with public charter school options for students in K-12 throughout Davidson County. Charter schools are free and open to all students, though some prioritize students in their cluster. Information can be found at tnchartercenter.org

Other Districts

Tennessee public schools are generally run by county-wide Local Education Agencies (LEAs). Counties surrounding Nashville, including Williamson County, have some of the most highly rated schools in Tennessee, and some trainee families with school-aged children choose to live further out for the school systems.

Private Schools

In addition to many public school options, Nashville has many private schools, both religious and non-sectarian. Tennessee recently passed an Education Freedom Scholarship Act that enables students, under certain circumstances, to receive a scholarship of about \$7,000 to offset the cost of attending participating private schools. More information at tn.gov.



AROUND TOWN

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 in a bustling yet 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!

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. They are building a new stadium that will open in 2027!

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 of miles from Vanderbilt. Their games are so fun & all seats are great!

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! VUMC sometimes runs discounts for tickets!

Vanderbilt Commodores

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



EXPLORING MUSIC CITY

Attractions & Museums

Nashville Zoo

3777 Nolensville Pike

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 and Zoolumination dazzles in the winter! VUMC sometimes runs membership discounts!

Adventure Science Center

800 Fort Negley Blvd

The Adventure Science Center is Nashville's family-friendly science museum. With programming for a range of ages and activities throughout the year, there's something for everyone! Their new zone for ages 0-5 is a VHA favorite!

Checkwood Gardens

1200 Forrest Park Drive

Checkwood 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!

The Hermitage

4580 Rachel's Lane

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!

Music Venues & Festivals

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!

CMA Fest

Broadway

If you love country music, you're in the right place! Nashville hosts the legendary 4-day festival each June, transforming much of downtown into outdoor stages!

Tomato Art Fest

1106 Woodland Street

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

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.

In addition to the community within VHA, we partner with key professionals around town in different industries so that VHA members have a comprehensive list of resources to turn to.

The realtors, advisors, accountants, and mortgage brokers on the next pages are partners and sponsors of VHA, and have all worked with trainee families to help make Music City home.

Should you need any of these services, we encourage you to reach out to our partners!



REAL ESTATE PARTNERS



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FINANCIAL PARTNERS



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Tax Preparation Services
(615) 662-2808
team@winchellcpa.com
www.winchellcpa.com

*Additional information about highlighted sponsors is available on the next pages.
We appreciate the support of all of our partners!*



The
**Anderson
Group**

Luxury Experience.

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Local Roots.

JOSH ANDERSON, REALTOR

Originally from Nashville, Josh Anderson can best be described as a man of high energy with a passion for Nashville real estate. He is a business-savvy professional with a strong desire to meet his clients' specific needs. Josh has been a long-time supporter of the VHA and Vanderbilt families in training.



With more than 20 years of experience in the mortgage and real estate industry, Rebecca Hill possesses an intimate knowledge of the local market and a genuine love for the city.

Helping others achieve their dreams, especially the dream of home ownership, is Rebecca's driving passion.



CONTACT:

Josh Anderson or Rebecca Hill

(615) 823-1555

2313 21st Avenue S

Nashville, TN 37212

joshandersonrealestate.com

MARC FLUR, CPA

Helping financially protect physicians and their families

Marc has over 30 years of experience working with attending and training physicians on life, disability, and long-term care insurance.

Marc has worked with Vanderbilt GME for over 10 years, including managing a supplemental individual disability insurance program, which provides unique advantages exclusively to Vanderbilt trainees:

- No medical or financial screening
- Own occupation coverage
- Benefit increases available when an attending
- Fully portable



Marc Flur

(919) 418-8630

marc.flur@marshmma.com



Schedule a Consultation
with Marc!

AMANDA BARON, REALTOR

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



JAMES NICHOLSON, PHYSICIAN MORTGAGES

Buying a home is a hopeful, exciting experience.

That positive energy builds better lives and communities. It represents a milestone for your family. I provide my clients with the focus and attention this life event deserves. It is my job to make the loan application process as transparent, easy to understand, and efficient as possible for my client.

- Qualified physicians receive special privileges, including lower rates and greater purchasing power, even if you have student loans.
- Doctors can get up to 100% financing with no monthly mortgage insurance payments.
- Borrowers will receive favorable repayment terms to help meet the financial reality of practicing medicine.



James Nicholson

(615) 297-7270

james.nicholson@truist.com

www.truist.com/james.nicholson

NMLSR # 1146715.

Are you a community or service professional looking to get involved?
Reach out to the VHA about advertising your expertise!



MEET THE BOARD



Donielle Cash

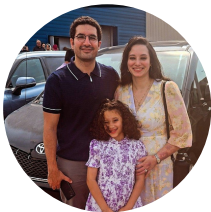
✉ vp@vhalliance.org

Donielle has been in Nashville for 3 years, and lives in Crieve Hall with her husband Carsen, an incoming PM&R PGY4 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!

Meredith McGann

✉ president@vhalliance.org

Meredith has been in Nashville for 4 years, and lives in Crieve Hall with her husband Kevin, a General Surgery research resident, their daughter and pup Iggy. She loves to explore different neighborhoods and parks in Nashville, and her favorite spots around town are Broadway at TPAC, and serving at Room in the Inn, and she thinks the best part of living in Nashville is the long summer with lots to do out and about!



Sara Khamis

✉ secretary@vhalliance.org

Sara and her family have enjoyed living in Brentwood the past two years. Her husband, Ayman, is an internal medicine resident after completing a clinical fellowship in autonomic dysfunction at Vanderbilt. Sara and Ayman have a daughter, and enjoy spending time as a family and exploring Nashville!

Do you want to get involved?

Reach out to Donielle or Meredith for more information on joining the VHA Board. New members are always welcome!

Vanderbilt Housestaff Alliance
2026
vhalliance.org

Housestaff Alliance Foundation
dba Vanderbilt Housestaff Alliance