

VHA

VANDERBILT HOUSESTAFF ALLIANCE



New Comers Guide

WELCOME TO NASHVILLE!

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 Vanderbilt Housestaff Alliance ("VHA"). VHA is a nonprofit social and philanthropic organization. Membership is open to the spouses and significant others of the Vanderbilt house staff and alumni. Our mission is a simple one: to promote friendship among members, foster a supportive environment, 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!

One of VHA service projects is to generate this guide to life in Nashville, the "Newcomer's Guide." 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.

If you are interested in receiving more information about the VHA or have questions, please feel free to e-mail us at president@vhalliance.org or vp@vhalliance.org, or visit the VHA website at <http://vhalliance.org/>. We look forward to meeting you!

Sincerely,
Taylor Santarelli and Kenzie Sandoval
Vanderbilt Housestaff Alliance President and Vice President, 2021-2022



Taylor Santarelli, President of VHA

VHA IS A NONPROFIT SOCIAL AND PHILANTHROPIC ORGANIZATION, THAT FOSTERS COMMUNITY & PROVIDES SUPPORT FOR SPOUSES AND SIGNIFICANT OTHERS OF VANDERBILT UNIVERSITY MEDICINE CENTER RESIDENTS AND FELLOWS.



VHA

VANDERBILT HOUSESTAFF ALLIANCE

Spouses and significant others, we are here for you! We are a group of people who have something in common: a resident or fellow! When you join the VHA, you will have opportunities to explore Nashville and get connected with others in the Vanderbilt community. We look forward to meeting you along the way!

MONTHLY EVENTS

Date Night In (themed dinners), Virtual Wine Tastings, Wine and Tacos at Arrington Vineyards, Breakfast with Santa, Easter Egg Hunt, "Sendoff" Brunch at Loveless Café, Kayaking the Cumberland, and more!

GROUPS

VHA Kids Club (playgroup), Hiking Club, Nondenominational Bible Study Club, Book Club, Wine Club, and more! Our clubs are recommended and led by members. You can start your own within VHA today!

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MATTERS OF THE HEART

"Matters of the Heart" you and your spouse or significant other can enjoy a night out with Matters of the Heart - dinner, drinks, and childcare are provided. Event is sponsored by VUMC and the GME Office.

JOIN THE VHA TODAY!

WHERE TO LIVE

VANDERBILT/ BELMONT/SYLVAN PARK/WEST END

This area has many well-constructed older homes (predominantly 1920s-1960s), as well as a number of apartments, town homes, and condominiums. These in-town neighborhoods are pedestrian-friendly, near Vanderbilt and Hillsboro Village, convenient to downtown, and loaded with amenities. This area has coffee houses, brew pubs, good restaurants, banks, and unique shopping. The biggest advantage to living in this area is its proximity to Vanderbilt. Some residents live close enough to even walk or ride a bike. Of course, this close proximity has a price. Housing in the Vandy/West End area can be expensive, but some reasonably priced housing is available if you're willing to do some fixing up.

GREEN HILLS

Green Hills is an upscale area about five miles southwest of downtown Nashville. Consisting of mostly older homes and newer condominium complexes, this area offers safety, good neighborhoods, quiet streets for walking and running, as well as good schools. Green Hills is convenient to both Vanderbilt and the interstates. The Mall at Green Hills is a favorite of Nashville shoppers because of its variety of stores. The two main disadvantages to the Green Hills area are that the housing is very expensive and the traffic in the area can be heavy.

BELLEVUE

With plentiful housing in the rolling hills west of downtown Nashville, it's easy to see what makes Bellevue so popular. This area has a lot of apartments, condos and subdivisions that are affordable. If you're looking for a big yard or an older house, this isn't the suburb for you. The Bellevue area is quiet and safe, making it a good place to raise children. The area offers easy access to Interstate 40, but requires at least a 20-minute drive to Vanderbilt. Bellevue also has a good public grade school, Harpeth Valley Elementary, and a relatively new YMCA. The downside is that, being on the western edge of Nashville, it is a longer drive to get any other part of town, especially areas south of Nashville like Cool Springs.

THE CAPITOL DISTRICT

The area just North of downtown but inside the urban interstate loop has grown and changed dramatically in the past few years. Best known for Germantown, home to well-known Nashville eateries Mad Platter, Monell's, Germantown Café, City House, and Rolf & Daughters, other nearby neighborhoods include Salemtown, Hope Gardens, and Historic Buena Vista. Located at the Eastern end of Nashville's legendary Jefferson Street, this area provides convenient access to downtown, Vanderbilt, and most of the rest of the city. Other points of interest include Nashville's brand new minor league ballpark at Sulphur Dell, the Nashville Farmer's Market, and the Bicentennial Mall State Park.

EAST NASHVILLE

If you enjoy urban living, East Nashville's got the right stuff. It sits right across the Cumberland River from downtown and was Nashville's first urban neighborhood, full of beautiful historic homes offering everything from Victorian cottages built before the turn of the century, and quaint 1920's bungalows to modern homes and condos. Its low-key vibe, neighborly feel, and down-to-earth personality make this community a great place to escape the city without leaving town. Shelby Park offers a 16-mile run/bike path, several playgrounds, two golf courses, and a dog park. Walk from your house to a variety of unique shops, art galleries, coffee shops, and eateries in East Nashville, or cross the pedestrian bridge to stroll through downtown!

CRIEVE HALL/NIPPERS CORNER

Residents are attracted to the Crieve Hall area for its modest housing prices and prime location. From here, almost any destination in the area is a short (10 to 15 minute) drive. The area is full of subdivisions built in the early 1960s. It is a quiet and relatively safe area where you can buy an older house (predominantly ranch-style) with a nice yard for an affordable price. Crieve Hall has several good public grade schools (but some that are less desirable, so be sure to do some research when looking at homes) and a beautiful new public library. This centrally located area is about 8 miles from Vanderbilt and has great access to I-65, making a trip to Vanderbilt about 12-15 minutes.

HERMITAGE/MOUNT JULIET

From Vanderbilt, go east on I40 or I440. Right past the airport, you will find Hermitage (Davidson County) and Mount Juliet (Wilson County). Both areas are still more affordable; Mount Juliet is a great option for families because of the excellent Wilson County school district (and lower property taxes). Expect commute times to Vanderbilt to be 25-45 minutes, depending on traffic.



BRENTWOOD/COOL SPRINGS/FRANKLIN

From Vanderbilt, go South on I-65 and you will find the areas of Brentwood, Cool Springs, and Franklin (in that order as you travel south). These three areas are located in Williamson County and provide a fantastic school system and a booming local economy. The Cool Springs area, which has grown significantly in recent years, has many movie theaters, restaurants and strip malls. Traffic during rush hour can be heavy and housing costs more than in the most areas in Davidson County.

NOW THAT YOU'RE HERE...

NATURAL GAS

Piedmont Natural Gas
(800) 752-7504
(615) 734-0665
<http://www.piedmontng.com>

ELECTRICITY

Nashville Electric Service (NES)
1214 Church St, Nashville
(615) 7366900
<http://www.nespower.com>

WATER

Metro Water Services
1700 3rd Ave N, Nashville
(615) 862-4600
<http://www.nashville.gov/water>

GARBAGE/RECYCLING

Metropolitan Department of Public Works
(615) 862-8750
<http://www.nashville.gov/pw/>



WHERE TO LIVE

PETS



ELEMENTARY SCHOOLS

Williamson County has the state's number one rated school system. VHA families recommend the following elementary schools: Lockeland Elementary and Harpeth Valley Elementary.

PRESCHOOLS AND DAYCARES

Every licensed child care agency must undergo an annual evaluation and post a report card of the results. The best facilities will have a three star rating from the state. A VHA family favorite is: Priestly Miller Preschool in Brentwood.

Y-PLAY AT THE YMCA

Enjoy up to nine hours of free child care per week when you join the YMCA. Get discounts on youth classes and programs and enjoy their indoor swimming pool/water slides. Ask about the Vanderbilt employee discount!

VANDERBILT CHILD & FAMILY CENTER

Full-time Vanderbilt employees are eligible to apply. The Acorn School has three locations. Tuition reductions are available for those that earn less than \$100k. Expecting parents should apply as soon as possible because the waitlist is very long and spots fill quickly!

VUMC BACK-UP CHILDCARE

VUMC employees are eligible for up to 20 days of subsidized back-up childcare through Care.com. Rates will vary based on income. You must enroll at vumc.care.com.

EDUCATION & CHILDCARE

PEACE, LOVE AND PAWS

VHA families love this East Nashville doggie day care. Leave your pets while you work or while you go on vacation.

1221 Brick Church Pike, Nashville

BARK PUBLIC HOUSE

Check your pets in for the day, get them groomed, or leave them here while you vacation. This is a go to for some VHA families.

609 9th Ave S, Nashville

EDWIN WARNER DOG PARK

Centrally located, Edwin Warner and Percy Warner parks are always a hit. Bring your pooch and enjoy the views!

50 Vaughn Rd, Nashville



TWO RIVERS DOG PARK

Enjoy a paved walking path while your puppies play at this friendly dog park.

3150 McGavock Pk, Nashville

FRANKIE PIERCE DOG PARK AND PLAYGROUND

130 Lifeway Plaza, Behind Capitol View Apartments



PLAY GROUNDS



RED CABOOSE PARK

A crowd favorite, Red Caboose park is located in Bellevue. Grab lunch from the nearby Chic-fil-A and make it a picnic!

684 Colice Jeanne Rd, Nashville, TN

WOODMONT PARK

912 Estes Rd, Nashville

GREEN HILLS PARK

1200 Lone Oak Rd, Nashville

FRANKIE PIERCE PARK

130 LifeWay Plaza, Nashville

GRANNY WHITE PARK

610 Granny White Pike, Brentwood

FANNY MAE DEES PARK

Conveniently located right across the street from VUMC, this cute park is perfect for a quick play date with Dr. Dad/Mom.

2400 Blakemore Ave, Nashville, TN 37212

SEVIER PARK

610 Granny White Pike, Brentwood

CUMBERLAND PARK

592 S 1st St, on the East bank of the riverfront, Nashville

NASHVILLE PUBLIC LIBRARY

Nashville Public Library puts on fabulous live shows and story times for children, concerts, Lego competitions, and community picnics. Library cards are free and can be used at any NPL branch. Join the summer reading challenge and earn prizes such as free ice-cream, tickets to sporting events and free kids' meals!

NASHVILLE SHORES

Located on Percy Priest Lake, enjoy the beach, waterslides, a lazy river, ziplines, or the kiddie pool. It's a great way to cool off in the summer!

FLOAT THE HARPETH

Rent a kayak at Foggy Bottoms or throw in your tube anywhere along the Harpeth, but one of the prettiest spots to float is through The Narrows of the Harpeth. During the summer, the river is very gentle and easy for the whole family to float.

CHEEKWOOD-TRAINS!

The botanical gardens are always a hit, but your kids will love the year-round exhibit: TRAINS! Enjoy the beautiful scenery while your kids chase tons of tiny trains.

NATURE'S WATER SLIDE

Fall Hallows Falls is right off the scenic Natchez Trace Highway. The falls feature a natural, sloping slide of slick rock. Beneath, the whole family can cool off in the gentle shaded pools. Busy on weekends and an easy hike for little ones.



KIDS ACTIVITIES

HIKES AND PARKS

PERCY WARNER PARK

A VHA crowd favorite! This park features beautiful grounds, miles of paved paths that are perfect for a run, a bike ride or a stroller. This park also has hiking paths, look outs, and a nautre center.

50 Vaughn Rd, Nashville

TIMBERLAND PARK

Mile Marker, 437.2 Natchez Trace Pkwy,
Franklin, TN

CUMMINS FALLS

Located just outside of Nashville, these beautiful falls will not disappoint!
This great swimming spot gets busy on weekends!

390 Cummins Falls Ln, Cookeville

SHELBY BOTTOMS

1900 Davidson Street, Nashville

BURGESS FALLS

4000 Burgess Falls Drive, Sparta

FOSTER FALLS

A great swimming hole for summer, rock climbers and campers alike will like this spot! Foster Falls is an hour and a half from Nashville.

498 Foster Falls Road, Tracy Highway 41, Sequatchie

CENTENNIAL PARK

25th Ave. S. and West End Ave.,
Vanderbilt area



RADNOR LAKE

1160 Otter Creek Road, Brentwood

PERCY PRIEST LAKE

VHA families love to hike around Percy Priest Lake and it's also a great spot for a family picnic!

3737 Bell Rd, Nashville

FALL CREEK FALLS

Two hours from Nashville, Fall Creek Falls State Park is a great hiking and camping spot. Fall Creek Falls is one of the highest waterfalls in the country!

2009 Village Camp Road,

OLD STONE FORT ARCHAEOLOGICAL PARK

This spot is great if you're hiking with littles or just want a more laid back hike. Camping is available here!

732 Stone Fort Dr, Manchester





SPORTS

NASHVILLE PREDATORS

Professional ice hockey team in the NHL



NASHVILLE SC

Major League Soccer Team in the USL.



NASHVILLE SOUNDS

Nashville's baseball team is an AAA affiliate of the Oakland Athletics.

VANDERBILT COMMODORES

A variety of male and female collegiate sports.

TENNESSEE TITANS

Professional football team in the NFL



OPRY MILLS

433 Opry Mills Drive, Nashville

MALL AT GREEN HILLS

2126 Abbott Martin Rd, Green Hills

NASHVILLE WEST

Charlotte Pike (Approximately 1 mile off I-40 near exit 201)

100 OAKS

719 Thompson Lane, Nashville

COOL SPRINGS GALLERIA

1800 Galleria Blvd., Brentwood

THE FACTORY AT FRANKLIN

230 Franklin Rd., Franklin



FIFTH AND BROADWAY

500 Broadway Nashville

SHOPPING



Slim & Husky's

RESTAURANTS

TAILGATE BREWERY

7300 Charlotte Pike, Nashville

BUTCHERTOWN HALL

1416 4th Ave N, Nashville

HONEYFIRE BBQ

8127 Sawyer Brown Rd #304

MAPLE STREET BISCUIT COMPANY

203 Franklin Road, Brentwood

SLIM & HUSKY'S

5th & Broadway, Nashville

HENRIETTA RED

1200 4th Ave N, Nashville

HATTIE B'S

5209 Charlotte Ave, Nashville

EMMY SQUARED

404 12th Avenue South

PUCKETT'S GROCERY & RESTAURANT

120 4th Ave S, Franklin

SUPERICA

605 Overton St, Nashville

GREENERY CO.

1705 21st Ave S, Nashville

CITY HOUSE

1222 4th Ave N, Nashville

LOVELESS CAFE

8400 TN-100, Nashville

BELLE MEADE PLANTATION & WINERY

5025 Harding Rd., Nashville

CARTER HOUSE

1140 Columbia Ave., Franklin

TENNESSEE STATE MUSEUM

Tennessee State Museum, Nashville

FRIST ART MUSEUM

919 Broadway, Nashville

THE HERMITAGE: HOME OF PRESIDENT ANDREW JACKSON

919 Broadway, Nashville



COUNTRY MUSIC HALL OF FAME & MUSEUM

222 5th Ave. S., Nashville

GRAND OLE OPRY & MUSEUM

919 Broadway, Nashville

CARNTON PLANTATION

1354 Carnton Lane, Franklin

BELMONT MANSION

1900 Belmont Blvd, Nashville

MUSEUM OF AFRICAN AMERICAN MUSIC

510 Broadway, Nashville



MUSEUMS

ATTRACTIONS

OPRYLAND HOTEL INDOOR GARDENS

2800 Opryland Dr., Nashville

RYMAN AUDITORIUM

116 Fifth Ave., N., Nashville

NASHVILLE ZOO AT GRASSMERE

3777 Nolensville Rd, Nashville

RYMAN AUDITORIUM

116 Fifth Ave., N., Nashville

TENNESSEE STATE CAPITOL

Charlotte Ave. (between 6th & 7th Ave.), Nashville

NASHVILLE FARMERS MARKET

900 8th Avenue North, Nashville

THE PARTHENON

Centennial Park, 2500 West End Ave



CHEEKWOOD BOTANICAL GARDENS

1200 Forrest Park Dr., Nashville

ARRINGTON VINEYARDS

6211 Patton Rd, Arrington

THE BLUEBIRD CAFE

The Bluebird was the starting point for many local greats, so it's really popular – be sure to call ahead for reservations!

4104 Hillsboro Rd, Brentwood

BLUEGRASS IN THE HERB GARDEN

During the summer months, Cheekwood hosts live music every Thursday night! Pack a picnic and make it a date!

1200 Forrest Park Dr, Nashville

ACME FEED & SEED

Nashville is called Music City for a reason! Walk along Broadway and listen to live music from every bar on the street, then stop at this spot for great music and good food!

101 Broadway, Nashville

THE LISTENING ROOM CAFE

Have family in town? This spot is a VHA family favorite!

618 4th Ave S, Nashville

BOO AT THE ZOO

ST. JUDE ROCK & ROLL MARATHON & HALF MARATHON

LIVE ON THE GREEN

FESTIVALS IN DOWNTOWN FRANKLIN

THE LIGHTS AT CHEEKWOOD

IROQUOIS STEEPLECHASE

TOMATO ART FESTIVAL

NASHVILLE FLEA MARKET

NASHVILLE PRIDE

LIVE MUSIC & SPECIAL EVENTS

SPONSORS

The following professionals are all supporters of the Vanderbilt Housestaff Alliance and many have provided services to its members in a variety of areas.

BANKING & MORTGAGE

TMA MEDICAL BANKING

James Nicholson, Vice President, Relationship Manager
(615) 573-9812 (cell)
(615) 777-2173 (office)
jnicholson@insbank.com
<https://tmamedicalbanking.com/>



REGIONS BANK

John Whitaker, Mortgage Loan Officer
(615) 748-1594, (615) 414-1466 (cell)
<https://www.regions.com/MLO/johnwhitaker>
john.whitaker@regions.com



TRUIST

Stuart Clamp, Vice President, Senior Loan Officer
(615) 297-7270, (615) 668-2392 (cell)
<https://www.suntrust.com/profile/stuart-clamp-loan-officer-nashville-tn-37203>
stuart.clamp@truist.com



INSURANCE AND FINANCIAL SERVICES

MARSH & MCLENNAN AGENCY, LLC

Long Term Disability
Marc Flur Senior, Consultant I Executive Benefits
(919) 786-5605
marc.flur@marshmma.com
www.marshmma.com



JIM DURHAM CPA

Jim Durham
(615) 662-2808
jim@jimdurhamcpa.com
<http://www.jimdurhamcpa.com>



VANDERBILT CREDIT UNION

<https://vanderbiltcu.org/>
creditunion@vanderbilt.edu

MEDQUITY

Medical Student Loan Refinance
James Nicholson, Vice President, Relationship Manager
(615) 573-9812 (cell)
(615) 777-2173 (office)
jnicholson@insbank.com



REALTORS

KERI CANNON

Fridrich and Clark Realty
3825 Bedford Avenue, Suite 102, Nashville, 3721
(615) 327-4800, (615) 482-1593 (cell)
<http://www.homestheplace.com>
keri.cannon@comcast.net



JOSH ANDERSON

Josh Anderson Real estate
(615) 823-1555
josh@joshandersonrealestate.com
www.joshandersonrealestate.com
jnicholson@insbank.com

OTHER SERVICES

GAME POINT CAFE

107 S. 11th Street, Nashville
615-777-3278
www.gamepointcafe.com

WANT MORE?

Visit the Nashville Guru for more local tips!



DISCLAIMER

The information contained in this guide is obtained from numerous sources. We relied heavily on member of Vanderbilt Housestaff Alliance (VHA) to create this guide. These responses, and all other information contained herein, are provided for informational purposes and should not be considered a formal recommendation or endorsement from VHA of services or companies included in this guide.

Taylor Santarelli, President (2021-2022), Kenzie Sandoval, Vice President (2021-2022) and Marisa Maughan, Communications (2021-2022) of VHA, completed the most recent edits to this guide. Any questions or comments should be directed to vp@vhalliance.org.

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